



Good times Great neighborhoods

Adopt-A-Center

The Adopt-A-Center program allows area organizations such as businesses, military units and service groups to join in partnership with a recreation facility. By giving just a minimum of three hours a month for a year, adopters can help enrich leisure experiences, expand programming, improve the self-esteem of youth participants, provide realistic role models, decrease at-risk youth behaviors, and foster the practice of community service and good citizenship.

Adoption opportunities are as diverse as Norfolk's recreation operations. There are 20 general recreation centers, two senior centers, a therapeutic recreation center devoted to persons with disabilities, and specialty centers in art, dance, music, aquatics, outdoor recreation and athletics.

The adopting organization will quickly recognize its ability to make a strong and lasting impact on a child's future. For more information about Adopt-A-Center and other ways your organization can "Help Dreams Grow," call 441-2400.

City of Norfolk Parks & Recreation Advisory Commission

Mr. Thomas O. Duffey (Vice-Chair)

Dr. Vicki Swecker

The Honorable Hal J. Bonney, Jr.

Mr. George H. Curtis III

Mr. Dwight McDowell

Mr. John E. Roger

Mr. Jared Turner

The Parks and Recreation Advisory Commission serves in an advisory role to City Council. You may contact them by mail at 501 Boush Street, Norfolk, Virginia, 23510, or by e-mail at neighborhoods@norfolk.gov.

Mission

To enrich the quality of lives for our customers through building and maintaining stable, healthy and livable neighborhoods by preserving and enhancing the urban environmental setting; facilitating opportunities for self-renewal, skill-building, and fun; ensuring safe and habitable conditions for existing buildings; and fostering citizen involvement and a greater sense of community pride.

Vision

The Department of Neighborhood and Leisure Services, in partnership with community stakeholders, will be a leader in building, maintaining and preserving stable, healthy and livable neighborhoods in Norfolk.

Building Strong Neighborhoods

Department of Neighborhood and Leisure Services Administration

Acting Director Dr. Laverne Parker-Diggs
 Assistant Director Deborah Morton
 Business Manager Shirley Tyree
 Public Information Officer Maria Oropallo
 Neighborhood Services Stephanie Small
 Neighborhood Preservation Tina Orr
 Neighborhood Service Center Joyce Henry
 Parks and Urban Forestry Bob Alderman
 Recreation Center Operations Jo Anne Jones
 Senior Activities Jean Saunders
 Special Events Agatha Mears
 Youth Development Elsie Harold

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Good Times Great Neighborhoods is published three times per year by the City of Norfolk's Department of Neighborhood and Leisure Services. For information, call 441-2400 or visit www.norfolk.gov

A late fee of \$5.00 for residents and \$10.00 for non-residents will be imposed after the first day classes begin.

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Fee: Norfolk Resident

NR Fee: Residents of other cities

MAIL YOUR REGISTRATION TO:

Norfolk Neighborhood and Leisure Services
 501 Boush Street, Norfolk, Virginia 23510

Athletics

The following is the Fall 2004 Tae Kwon Do class schedule. Please use the same two-paragraph introduction that was used in the Spring Good Times. Also, when you lay out the Fall Good Times, please make sure there are spaces between each month of classes as below. This makes it a lot easier to read and understand. Also, a photo would be nice. Furthermore, since Tae Kwon Do is a month to month program, I went ahead and included Decembers classes. Also, don't forget to put in the activity numbers. Thanks

TAE KWON DO I - YOUTH BEGINNING

Activity#	Site	Day	Time	Date	Fee	NR Fee
SEPT						
158401-01	Sherwood	Tu	5:00pm - 6:00pm	9/7 - 9/28	\$20	\$30
162401-02	Tarrallton	W	6:00pm - 7:00pm	9/1 - 9/29	\$20	\$30
112401-03	Bayview	Th	6:00pm - 7:00pm	9/2 - 9/30	\$20	\$30
128401-04	Fairlawn	F	5:00pm - 6:00pm	9/3 - 9/24	\$20	\$30
OCT						
158401-05	Sherwood	Tu	5:00pm - 6:00pm	10/5 - 10/26	\$20	\$30
162401-06	Tarrallton	W	6:00pm - 7:00pm	10/6 - 10/27	\$20	\$30
112401-07	Bayview	Th	6:00pm - 7:00pm	10/7 - 10/28	\$20	\$30
128401-08	Fairlawn	F	5:00pm - 6:00pm	10/1 - 10/29	\$20	\$30
NOV						
158401-09	Sherwood	Tu	5:00pm - 6:00pm	11/2 - 11/23	\$20	\$30
162401-10	Tarrallton	W	6:00pm - 7:00pm	11/3 - 11/24	\$20	\$30
112401-11	Bayview	Th	6:00pm - 7:00pm	11/4 - 11/18	\$20	\$30
128401-12	Fairlawn	F	5:00pm - 6:00pm	11/5 - 11/19	\$20	\$30
DEC						
258401-13	Sherwood	Tu	5:00pm - 6:00pm	12/7 - 7/21	\$20	\$30
262401-14	Tarrallton	W	6:00pm - 7:00pm	12/1 - 7/15	\$20	\$30
212401-15	Bayview	Th	6:00pm - 7:00pm	12/2 - 7/16	\$20	\$30
228401-16	Fairlawn	F	5:00pm - 6:00pm	12/3 - 7/17	\$20	\$30

TAE KWON DO II - YOUTH INTERMEDIATE

Activity#	Site	Day	Time	Date	Fee	NR Fee
SEPT						
158402-01	Sherwood	Tu	6:00pm - 7:00pm	9/7 - 9/28	\$35	\$45
162402-02	Tarrallton	W	7:00pm - 8:00pm	9/1 - 9/29	\$35	\$45
112402-03	Bayview	Th	7:00pm - 8:00pm	9/2 - 9/30	\$35	\$45
128402-04	Fairlawn	F	6:00pm - 7:00pm	9/3 - 9/24	\$35	\$45
OCT						
158402-05	Sherwood	Tu	6:00pm - 7:00pm	10/5 - 10/26	\$35	\$45
162402-06	Tarrallton	W	7:00pm - 8:00pm	10/6 - 10/27	\$35	\$45
112402-07	Bayview	Th	7:00pm - 8:00pm	10/7 - 10/28	\$35	\$45
128402-08	Fairlawn	F	6:00pm - 7:00pm	10/1 - 10/29	\$35	\$45
NOV						
158402-09	Sherwood	Tu	6:00pm - 7:00pm	11/2 - 11/23	\$35	\$45
162402-10	Tarrallton	W	7:00pm - 8:00pm	11/3 - 11/24	\$35	\$45
112402-11	Bayview	Th	7:00pm - 8:00pm	11/4 - 11/18	\$35	\$45
128402-12	Fairlawn	F	6:00pm - 7:00pm	11/5 - 11/19	\$35	\$45
DEC						
258402-13	Sherwood	Tu	6:00pm - 7:00pm	12/7 - 12/21	\$35	\$45
262402-14	Tarrallton	W	7:00pm - 8:00pm	12/1 - 12/15	\$35	\$45
212402-15	Bayview	Th	7:00pm - 8:00pm	12/2 - 12/16	\$35	\$45
228402-16	Fairlawn	F	6:00pm - 7:00pm	12/3 - 12/17	\$35	\$45

TAE KWON DO III - YOUTH ADVANCED

Activity#	Site	Day	Time	Date	Fee	NR Fee
SEPT						
158403-01	Sherwood	Tu	7:00pm - 8:00pm	9/7 - 9/28	\$50	\$60
162403-02	Tarrallton	W	7:00pm - 8:00pm	9/1 - 9/29	\$50	\$60
112403-03	Bayview	Th	7:00pm - 8:00pm	9/2 - 9/30	\$50	\$60
128403-04	Fairlawn	F	7:00pm - 8:00pm	9/3 - 9/24	\$50	\$60
OCT						
158403-05	Sherwood	Tu	7:00pm - 8:00pm	10/5 - 10/26	\$50	\$60
162403-06	Tarrallton	W	7:00pm - 8:00pm	10/6 - 10/27	\$50	\$60
112403-07	Bayview	Th	7:00pm - 8:00pm	10/7 - 10/28	\$50	\$60
128403-08	Fairlawn	F	7:00pm - 8:00pm	10/1 - 10/29	\$50	\$60
NOV						
158403-09	Sherwood	Tu	7:00pm - 8:00pm	11/2 - 11/23	\$50	\$60
162403-10	Tarrallton	W	7:00pm - 8:00pm	11/3 - 11/24	\$50	\$60
112403-11	Bayview	Th	7:00pm - 8:00pm	11/4 - 11/18	\$50	\$60
128403-12	Fairlawn	F	7:00pm - 8:00pm	11/5 - 11/19	\$50	\$60
DEC						
258403-13	Sherwood	Tu	7:00pm - 8:00pm	12/7 - 12/21	\$50	\$60
262403-14	Tarrallton	W	7:00pm - 8:00pm	12/1 - 12/15	\$50	\$60
212403-15	Bayview	Th	7:00pm - 8:00pm	12/2 - 12/16	\$50	\$60
228403-16	Fairlawn	F	7:00pm - 8:00pm	12/3 - 12/17	\$50	\$60

TENNIS Anyone?

Beginning October 9th and running through November 4th
Classes will be held at Lakewood Park on Tuesdays
Beginners 5:30 pm - 6:30pm
Advanced 6:30 pm - 7:30pm

ADULT FLAG FOOTBALL Organizational Meeting

September 7, 2004
Lakewood Athletic Office 1612 Willow Wood Dr. 6:30pm

INDOOR SOCCER Organizational Meeting

January 12, 2005
Vivian c. Mason Arts & Technology Center 700 Olney Rd. 6:30pm

ADULT BASKETBALL Organizational Meeting

Lakewood Athletic Office 1612 Willow Wood Dr.
Call Athletics for complete information 441-5834

Registration begins November 17 through December 17, 2004

Adult Men's Basketball All-Star Game!

March 20, 2005
Place TBA

YOUTH BASKETBALL Organizational Meeting

Wednesday, November 17, 2004
Vivian C. Mason Technology Building - 700 E Olney Rd - 441-1035
For more information, please contact Athletics at 441-5834

Team Registration

November 18-December 10, 2004
9:30-5pm, Monday-Friday
Lakewood Athletic Office, 1612 Willow Wood Dr
For more information, please contact Athletics at 441-5834

Registration

Aquatics registration is held at pool sites only. Mail-in registration will not be accepted.

Registration will begin August 28 at 7:30 a.m. and will continue until classes are filled.

Aquatic Youth Classes

WATER BABIES/PARENT TOT

Discover the pleasure of sharing time with your child and learning water adjustments through movement exploration and games.

Activity#	Site	Day	Time	Date	Fee	NR Fee
134103 03	Huntersville	Sa	11:30am-12:00pm	9/25-11/20	\$25	\$35

LEVEL I – WATER EXPLORATION

Provides youth an orientation to the aquatic environment and teaches elementary swim. Skills. Ages-5-15.

Activity #	Site	Day	Time	Date	Fee	NR Fee
134104 08	Huntersville	Sa	10:00am -10:30am	9/25-11/20	\$25	\$35
134104 09	Huntersville	Sa	10:30am -11:00am	9/25-11/20	\$25	\$35
134104 10	Huntersville	Tu,Th	5:30pm - 6:00pm	9/28-10/28	\$25	\$35

LEVEL II – BELUGA WHALES/PRIMARY SKILLS

Designed for youth with some previous water adjustment skills, continues to build on fundamental aquatic locomotion, safety and rescue skills learned in Level I. Must have Level I Certificate or demonstrate skills. Ages-5-15.

Activity #	Site	Day	Time	Date	Fee	NR Fee
134105 08	Huntersville	Sa	10:30am -11:00am	9/25-11/20	\$25	\$35
134105 09	Huntersville	Sa	11:00am -11:30am	9/25-11/20	\$25	\$35
134105 10	Huntersville	Tu,Th	5:30pm - 6:00pm	9/28-10/28	\$25	\$35

LEVEL III – BLUE WHALES/STROKE READINESS

Introduces participant to front and back crawls, as well as fundamentals of treading water and diving. Safety skills are expanded upon. Comparable to beginner swim. Must have Level II certificate or demonstrate skills. For ages 7and older.

Activity #	Site	Day	Time	Date	Fee	NR Fee
134106 06	Huntersville	Sa	10:00am -10:50am	9/20-11/20	\$30	\$40
134106 07	Huntersville	Sa	11:00am -11:30am	9/20-11/20	\$30	\$40

LEVEL IV GRAY WHALES/STROKE DEVELOPMENT

Participants increase their distance with previously learned strokes. Breaststroke and sidestroke are introduced as well as turns. Must have Level III certificate or demonstrate skills. For ages 8 and older.

Activity #	Site	Day	Time	Date	Fee	NR Fee
134107 03	Huntersville	Sa	11:00am -11:50am	9/20-11/20	\$30	\$40

LEVEL V - DOLPHINS/STROKE REFINEMENT

Work on perfecting stroke techniques and skills learned in Level IV. The butterfly, open turns, feet first surface dives are introduced. Must have Level IV certificate or demonstrate skills. For ages 9 and older.

Activity #	Site	Day	Time	Date	Fee	NR Fee
134108 03	Huntersville	Sa	11:00am -11:50am	9/20-11/20	\$30	\$40

Aquatic Adult Classes

ADULT BEGINNER III

Introduces participant to front and back crawls, as well as fundamentals of treading water and diving. Survival skills introduced. For ages 16 and older.

Activity #	Site	Day	Time	Date	Fee	NR Fee
134111 03	Huntersville	Sa	10:00am -10:50am	9/20-11/20	\$30	\$40
134111 04	Huntersville	Tu, Th	5:30pm - 6:30pm	10/19-11/18	\$30	\$40

AQUA MUSCLE TONER

Class is set up for individuals who want to work out at a faster pace. Tones and increases flexibility and cardiovascular strength in the water. For ages 16 and older.

Activity #	Site	Day	Time	Date	Fee	NR Fee
134118 04	Huntersville	T, W, T	5:00pm - 5:50pm	9/7-/30	\$30	\$40
134118 05	Huntersville	Tu, Th	5:00pm - 5:50pm	10/5-10/28	\$30	\$40
134118 06	Huntersville	Tu, Th	5:00pm - 5:50pm	11/2-11/30	\$30	\$40

LIFEGUARD TRAINING

Professional course that offers American Red Cross certificates in lifeguard training, first aid and C.P.R. for the professional rescuer. If students are employed as a lifeguard with the City of Norfolk from the start of the summer season 2003, and continue employment through Labor Day, the course fee will be refunded to them. Students are responsible for purchase of their own books. Ages 15-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
134117 03	Huntersville	Tu	4:00pm -6:00pm	10/12	Pre Swim Test	
	Huntersville	Tu,Th	5:30pm -8:30pm	10/18-11/18	\$100	\$110

PRIVATE SWIM INSTRUCTION

A 30 minute taylor made instructional swim program designed for your specific needs. Choose your own personal trainer from any of our full time certified instructors. Learn basic swim skills, increase your endurance, or perfect your previously accomplished strokes. The program is designed to let you choose the days and times convenient for your busy schedule upon availability. Affordable price of \$15 per 30 minute session for Norfolk residents.

Activity #	Site	Day	Time	Date	Fee	NR Fee
134119 02	Huntersville	TBA	TBA		\$15	\$25

Aquatic Youth Classes

WATER BABY/PARENT-TOT

Enjoy a shared activity with your child while learning water adjustments through movement exploration and games.

Activity #	Site	Day	Time	Date	Fee	NR Fee
146103 02	NS	Sa	12:00pm - 12:30pm	9/18-11/20	\$25/	\$35

LEVEL I – WATER EXPLORATION

Enjoy a shared activity with your child and learn water adjustment through movement exploration and games. For children ages 6 months to 2 years 11 months with trusted adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
146104 04	NS	Sa	10:00 pm - 10:30am	9/18-11/20	\$25	\$35
146104 05	NS	Sa	11:00pm - 11:30am	9/18-11/20	\$25	\$35
146104 06	NS	W&F	6:00 pm - 6:30pm	9/15-10/15	\$25	\$35

LEVEL II - BELUGA WHALES/PRIMARY SKILLS

Designed for youth with some previous water adjustment skills, continues to build on fundamental aquatic locomotion, safety and rescue skills learned in Level I. Must have Level I certificate or demonstrate skills, ages 5 to 13.

Activity #	Site	Day	Time	Date	Fee	NR Fee
146105 04	NS	Sa	10:30am - 11am	9/18-11/20	\$25	\$35
146105 05	NS	Sa	11:30am - 12pm	9/18-11/20	\$25	\$35
146105 06	NS	W&F	6:30am - 7:00pm	9/15-10/15	\$25	\$35

LEVEL III - BLUE WHALES/STROKE READINESS

Introduces participant to front and back crawl, as well as fundamentals of treading water and diving. Safety skills are expanded upon. Comparable to beginner swim. Must have Level II certificate or demonstrate skills, for ages 7 and older.

Activity #	Site	Day	Time	Date	Fee/NR Fee
146106 04	NS	Sa	10:00 am - 10:50am	9/18-11/20	\$30 \$40
146106 05	NS	Sa	11:00am - 11:50am	9/18-11/20	\$30 \$40
146106 06	NS	W&F	6:00pm - 6:50pm	10/20-11/19	\$30 \$40

LEVEL IV - GRAY WHALES/STROKE DEVELOPMENT

Participants increase their distance with previously learned strokes. Breaststroke and sidestroke are introduced as well as turns. Comparable to advanced beginner swim. Must have Level III certificate or demonstrate skills. For ages 9 and older.

Activity #	Site	Day	Time	Date	Fee	NR Fee
146107 02	NS	Sa	11:00am - 11:50am	9/18-11/20	\$30	\$40

LEVEL V - DOLPHINS/STROKE REFINEMENT

Work on perfecting stroke techniques of skills learned in Level IV. The butterfly, open turns and feet-first surface dives are introduced. Comparable to intermediate swim. Must have Level IV certificate or demonstrate skills. For ages 10 and older.

Activity #	Site	Day	Time	Date	Fee	NR Fee
146108 02	NS	Sa	12:00pm - 12:50pm	9/18-11/20	\$30	\$40

Aquatic Adult Classes

ADULT BEGINNER III

Introduces participants to front and back crawls, as well as fundamentals of treading water and diving. Survival skills introduced.

Activity #	Site	Day	Time	Date	Fee	NR Fee
146111 02	NS	W	6:00pm - 6:50pm	9/15-11/17	\$30	\$40

ARTHRITIS WATER WORKOUT

This program is designed to help you feel better through gentle exercises in a heated pool. Adults with any type of arthritis can attend. Physician consent form is required.

Activity #	Site	Day	Time	Date	Fee	NR Fee
146112 04	NS	MWF	1:00pm - 1:45pm	9/1-9/29	\$30	\$40
146112 05	NS	MWF	1:00pm - 1:45pm	10/1-10/29	\$30	\$40
146112 06	NS	MWF	1:00pm - 1:45pm	11/1-11/29	\$30	\$40
146112 07	NS	MWF	1:00pm - 1:45pm	12/1-12/28	\$30	\$40

AQUAFRIENDS

Experience the pleasure of a special toning for mature adults in the water. For ages 40 and older.

Activity #	Site	Day	Time	Date	Fee	NR Fee
146113 04	NS	MWF	9:00am - 9:50am	9/1-9/29	\$30	\$40
146113 05	NS	MWF	9:00am - 9:50am	10/1-10/29	\$30	\$40
146113 06	NS	MWF	9:00am - 9:50am	11/1-11/29	\$30	\$40
146113 07	NS	MWF	9:00am - 9:50am	12/1-12/28	\$30	\$40

DEEP WATER POWER HOUR

Swimming skills not required! Aqua Joggers are provided. Strengthen and train the various muscles of your body in an exciting exercise environment. For ages 16 and older.

Activity #	Site	Day	Time	Date	Fee	NR Fee
146115 03	NS	MWF	5:00pm - 5:50pm	9/11-9/29	\$30	\$40
146115 04	NS	MWF	5:00pm - 5:50pm	10/1-10/29	\$30	\$40
146115 05	NS	MWF	5:00pm - 5:50pm	11/1-11/29	\$30	\$40
146115 06	NS	MWF	5:00pm - 5:50pm	12/1-12/28	\$30	\$40



Youth/Teen Dance Classes

There will be a Fall Dance Recital in December at the end of the Fall Session. You do not have to be in the recital to participate in class. If you do elect to be in the Fall Recital there may be a \$25 to \$50 costume fee due at the beginning of the session.

CREATIVE DANCE

Introduce your child to the world of dance. This beginning class teaches self-awareness, self-expression, coordination, basic motor skills and interaction with other children. For children ages 4-6.

Activity #	Site	Day	Time	Date	Fee	NR Fee
138301 03	Lakewood	Th	3:30pm-4:30pm	9/23-12/9	\$32	\$42
138301 04	Lakewood	F	4:00pm-5:00pm	9/24-12/3	\$32	\$42
138301 05	Lakewood	Sa	9:30am-10:30am	9/25-12/4	\$32	\$42
138301 06	Lakewood	Sa	10:30am-11:30am	9/25-12/4	\$32	\$42
138301 08	Crossroads	Tu	4:00pm-5:00pm	9/21-11/23	\$32	\$42
138301 09	Norview	W	4:30pm-5:30pm	9/22-11/24	\$32	\$42
138301 10	Titustown	W	4:30pm-5:30pm	9/22-11/24	\$32	\$42
138301 11	Bayview	W	5:00pm-6:00pm	9/22-11/24	\$32	\$42

CREATIVE DANCE II

This class continues and expands on the basic skills learned in Creative Dance. To register for this class, a 5 year old must have completed 3 consecutive sessions of Creative Dance. New 6 year old students must take at least 1 session of Creative I.

Activity #	Site	Day	Time	Date	Fee	NR Fee
138302 01	Lakewood	F	5:30pm-6:30pm	9/24-12/3	\$32	\$42
138302 02	Lakewood	Sa	9:30am-10:30am	9/25-12/4	\$32	\$42
138302 03	Crossroads	Tu	5:00pm-6:00pm	9/21-11/23	\$32	\$42

NEW! AFRICAN DANCE

Come join the fun in this new and exciting class and learn the moves and the beats of African Dance. Ages 7-12.

Activity #	Site	Day	Time	Date	Fee	NR Fee
138330 01	Merrimac	Sa	2:00pm-3:00pm	9/25-12/4	\$32	\$42

HOME SCHOOL BALLET

Join this class for home school students. To develop strength, flexibility, endurance, rhythm and grace, there is no better way than through dance. These are beginning level classes for ages 7-12.

Activity #	Site	Day	Time	Date	Fee	NR Fee
138306 01	Lakewood	M	10:00am-11:00am	9/20-11/22	\$32	\$42

BALLET I

To develop strength, flexibility, and grace, there is no better way than through ballet. This is a beginning level class in one of the world's oldest dance forms. Class includes barre work and center floor work. For ages 7-13.

Activity #	Site	Day	Time	Date	Fee	NR Fee
138307 01	Lakewood	Th	4:30pm-5:30pm	9/23-12/9	\$32	\$42
138307 02	Lakewood	F	5:00pm-6:00pm	9/24-12/3	\$32	\$42
138307 03	Lakewood	Sa	11:30am-12:30pm	9/25-12/4	\$32	\$42
138307 04	Norview	W	6:30pm-7:30pm	9/22-11/24	\$32	\$42



BALLET II

Begin a more serious study of steps and techniques with an emphasis on performance. Must have instructor's permission. Ages 8-15.

Activity #	Site	Day	Time	Date	Fee	NR Fee
138308 01	Lakewood	F	6:00pm-7:30pm	9/24-12/3	\$45	\$55
138308 02	Norview	M	6:30pm-7:30pm	9/20-11/22	\$32	\$42

BALLET III

Continue your ballet training in a more serious study of steps and techniques with an emphasis on performance. Must have instructor's permission. Ages 10-15.

Activity #	Site	Day	Time	Date	Fee	NR Fee
138309 01	Lakewood	Th	4:00pm-5:30pm	9/23-12/9	\$45	\$55
138309 02	Norview	Tu	6:30pm-7:30pm	9/21-11/23	\$32	\$42

BALLET, JUNIOR COMPANY I

Designed for those who wish to continue their ballet training with an emphasis on performance. Must have instructor's permission and/or completed Ballet I, II and III. For ages 9-18.

Activity #	Site	Day	Time	Date	Fee	NR Fee
138310 01	Lakewood	M,W	4:00pm-5:30pm	9/20-11/24	\$85	\$95
138310 02	Norview	M	5:30pm-6:30pm	9/20-12/9	\$59	\$69
		& Th	4:30pm-5:30pm			

BALLET, JUNIOR COMPANY II

Designed for those who wish to continue their ballet training with an emphasis on performance. Must have instructor's permission and/or completed Junior Company I. For ages 9-18.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138311 01	Lakewood	M,W	4:00pm-5:30pm	9/20-11/24	\$85		\$95

NEW! PRAISE DANCE

Come join this new and inspirational class dancing to the gospel in the spirit of praise and worship. Ages 7-12.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138329 01	Berkley	Tu	4:00pm-5:00pm	9/21-11/23	\$32		\$42

HIP HOP DANCE

Enjoy the energetic and self-expression of hip hop dance. These fast paced classes are designed for those who want to experience a fun and free form of dance. For ages 7-12.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138313 01	Lakewood	Th	5:30pm-6:30pm	9/23-12/9	\$32		\$42
138313 02	Bayview	W	6:00pm-7:00pm	9/22-11/24	\$32		\$42

JAZZ DANCE I

Have fun learning the free and energetic techniques of jazz dance. This form of dance can be seen in movies, on musical theater stage and television. Class will include various styles, basic patterns and techniques of jazz dance. For ages 7-13.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138316 01	Lakewood	Th	6:30pm-7:30pm	9/23-12/9	\$32		\$42
138316 02	Lakewood	Sa	10:30am-11:30am	9/25-12/4	\$32		\$42
138316 04	Crossroads	Th	4:00pm-5:00pm	9/23-12/9	\$32		\$42
138316 05	Norview	Tu	5:30pm-6:30pm	9/21-11/23	\$32		\$42
138316 07	Titustown	Th	5:00pm-6:00pm	9/23-12/9	\$32		\$42

JAZZ DANCE II

Expand on the basics learned in level I. Must have taken 3 sessions of Jazz I and have instructor's permission. For ages 10-18.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138317 01	Lakewood	Th	5:30pm-6:30pm	9/23-12/9	\$32		\$42
138317 02	Norview	W	7:30pm-8:30pm	9/22-11/24	\$32		\$42

JAZZ DANCE III

A jazz performing group for ages 10 to 18. Must have taken Jazz I and II and have instructor's permission.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138319 01	Lakewood	Tu	6:00pm-7:00pm	9/21-11/23	\$32		\$42
138319 02	Norview	Th	6:30pm-7:30pm	9/23-12/9	\$32		\$42

JAZZ IV

This class is designed for advanced Jazz students. You must have a minimum of two years Ballet training and currently be enrolled in a Ballet class. You must also have completed Jazz III. Instructor's permission is required to register for this class. For ages 13-18.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138320 01	Lakewood	W	5:30pm-6:30pm	9/22-11/24	\$32		\$42

JAZZ DANCE FOR TEENS

This class is designed just for teens ages 12-17. Have fun learning the free and energetic techniques of jazz dance. This form of dance can be seen in movies, on musical theater stage and television. Class will include various styles, basic patterns and techniques of jazz dance. *The class at Norview is for those students with Jazz Dance experience and you need instructor's permission to register for this class.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138321 01	Lakewood	Sa	12:30pm-1:30pm	9/25-12/4	\$32		\$42
138321 03*	Norview	Th	7:30pm-8:30pm	9/23-12/9	\$32		\$42
138321 04	Titustown	Th	7:00pm-8:00pm	9/23-12/9	\$32		\$42
138321 06	Merrimac	Tu	5:00pm-6:00pm	9/21-11/23	\$32		\$42

TAP FOR BOYS ONLY I

Learn different styles and techniques of Tap in a class designed for boys only. This is a beginning level that is fun, excellent exercise, easy to learn and one of the best ways to develop a sense of rhythm. For ages 7-15.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138322 01	Lakewood	F	4:00pm-4:45pm	9/24-12/3	\$32		\$42

TAP FOR BOYS ONLY II

Expand on the basics learned in Tap For Boys I. This is an advanced beginner's class. Must have taken 3 sessions of Tap I and have instructor's permission. For ages 9-15.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138323 01	Lakewood	F	4:30pm-5:30pm	9/24-12/3	\$32		\$42

TAP DANCE I

Let your feet do the talking! Learn different styles and techniques of the only dance form that has its origins in America. This is a beginning level class that is fun, excellent exercise, easy to learn and one of the best ways to develop a sense of rhythm. For ages 7 to 15.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138324 01	Lakewood	Tu	4:00pm-5:00pm	9/21-11/23	\$32		\$42
138324 02	Lakewood	F	6:30pm-7:30pm	9/24-12/3	\$32		\$42
138324 03	Lakewood	Sa	11:30am-12:30pm	9/25-12/4	\$32		\$42
138324 05	Norview	W	5:30pm-6:30pm	9/22-11/24	\$32		\$42



TAP DANCE II

Expand on the basics learned in Tap I. This is an advanced beginner's class. Must have taken 3 sessions of Tap I and have instructor's permission. For ages 9-15.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138325 01	Lakewood	Tu	5:00pm-6:00pm	9/21-11/23	\$32		\$42
138325 02	Norview	Th	5:30pm-6:30pm	9/23-12/9	\$32		\$42

TAP DANCE III

An intermediate level class for teens age 10 to 15 who have taken Tap I and II and have instructor's permission.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138326 01	Lakewood	Tu	4:00pm-5:00pm	9/21-11/23	\$32		\$42
138326 02	Norview	M	7:30pm-8:30pm	9/20-11/22	\$32		\$42

TAP DANCE IV

Challenge yourself to improve your technique and knowledge in this advanced class. Must have taken Tap III and have instructor's permission. For ages 12-15.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138327 01	Lakewood	Tu	5:00pm-6:00pm	9/21-11/23	\$32		\$42

Teen/Adult Dance Classes

There will be a Winter Dance Recital in December at the end of the Winter Session. You do not have to be in the recital to participate in class. If you do elect to be in the Winter Recital there may be a \$25 to \$50 costume fee due at the beginning of the session.

BALLET I

There is no better way, than through ballet, to develop strength, flexibility, and grace. This is a beginning level class in one of the oldest dance forms. Class includes barre work and center floor work. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138341 01	Lakewood	M	11:00am-12:30pm	9/20-11/22	\$45		\$55

TEEN/ADULT BALLET

To develop strength, flexibility, and grace, there is no better way than through ballet. This is a beginning level class in one of the worlds' oldest dance forms. Class includes barre work and center floor work. Ages 14-adult.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138342 01	Lakewood	W	7:00pm-8:00pm	9/22-11/24	\$32		\$42

BALLROOM/SOCIAL DANCE

Learn the dances you've always wanted to know. This class teaches the basic steps of the rhumba, waltz, cha cha, samba, fox trot, tango, swing, and mambo. Dances will be covered as time permits. Call 441-5833 to see what dances are being covered in this session. Partners are not provided but you may still take a class without a partner. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138343 01	Lakewood	M	8:30pm-9:30pm	9/20-11/22	\$32		\$42

BELLY DANCE FOR WOMEN I

Come and learn the ancient art of Middle Eastern Belly Dance For Women. This ethnic dance tones muscles, teaches isolations, and allows for relaxation and fun. Class outline will consist of warm-ups, basic moves and isolations, choreography, and self-interpretation of music. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138345 02	Lakewood	Th	7:30pm-8:30pm	9/23-12/9	\$32		\$42

BELLY DANCE FOR WOMEN II

Expand on the techniques learned in Belly Dance For Women I. This ethnic dance tones muscles, teaches isolations, and allows for relaxation and fun. Class outline will consist of warm-ups, basic moves and isolations, choreography, and self-interpretation of music. Ages 16-adult. Must have instructor's permission to register.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138346 01	Lakewood	Th	8:30pm-9:30pm	9/23-12/9	\$32		\$42

Dance

CLOGGING

Experience a true American folk dance that originated in the Appalachian Mountains. Class will cover the basic rhythmic clogging steps, mountain figures, and line dances. Hard-soled shoes with a slick bottom are recommended. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138347 01	Lakewood	M	7:30pm-8:30pm	9/20-11/22	\$32		\$42

COUNTRY-WESTERN LINE DANCE I

Learn the traditional line dances plus some current trends in country line dancing. Class will include one, two, and four wall dances as well as circle dances. No partner required. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138349 01	Lakewood	Tu	12:30pm-1:30pm	9/21-11/23	\$32		\$42
138349 03	OV Sr. Ctr.	Th	10:00am-11:00am	9/23-12/9	\$32		\$42

COUNTRY-WESTERN LINE DANCE II

Designed to continue where Country-Western Line Dance I left off. Intermediate and advanced levels of one, two, and four wall dances and circle dances will be taught. No partner required. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138350 01	Lakewood	W	10:30am-11:30am	9/22-11/24	\$32		\$42
138350 02	OV Sr. Ctr.	Th	11:00am-12:00pm	9/23-12/9	\$32		\$42

HIP HOP DANCE

Enjoy the energetic and self-expression of hip hop dance. These fast paced classes are designed for those who want to experience a fun and free form of dance. For ages 13-adult.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138312 01	Lakewood	W	8:00pm-9:00pm	9/22-11/24	\$32		\$42

LYRICAL DANCE

Lyrical Dance is an emotionally charged ballet-based dance form. It also combines modern technique. You must have some ballet experience to register for this class. Ages 12-adult.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138315 01	Lakewood	Tu	8:00pm-9:00pm	9/21-11/23	\$32		\$42

JAZZ/BROADWAY STYLE

Lights! Camera! Action! This beginning level class will offer a unique variety of styles as seen in popular Broadway musicals such as "A Chorus Line," "Chicago," and "Fosse." Elements of all forms of dance will be explored. No previous dance experience necessary. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138352 01	Lakewood	W	8:00pm-9:00pm	9/22-11/24	\$32		\$42
138352 02	Lakewood	F	9:30am-10:30am	9/24-12/3	\$32		\$42

JAZZ DANCE I

Have fun learning the free and energetic techniques of jazz dance. This form of dance can be seen in movies or musical theater stage and television. This beginner's class will include various styles, basic patterns, and techniques. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138353 01	Lakewood	Tu	8:00pm-9:00pm	9/21-11/23	\$32		\$42
138353 02	Norview	Tu	7:30pm-8:30pm	9/21-11/23	\$32		\$42
138353 03	Crossroads	Tu	6:00pm-7:00pm	9/21-11/23	\$32		\$42

JAZZ DANCE II

Expand on the styles, terminology and techniques of jazz dance. This intermediate class has an emphasis on performance. For those who have taken Jazz I and with instructor's permission. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138354 01	Lakewood	W	6:00pm-7:00pm	9/22-11/24	\$32		\$42

JAZZ DANCE III

Performance oriented class for those with 3 or more years of jazz technique. Different styles of jazz with elements of ballet and modern dance are included. Instructor's permission only. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138355 01	Lakewood	Tu	6:30pm-8:00pm	9/21-11/23	\$45		\$55

BROADWAY TAP

Come and learn tap routines to old and new Broadway show tunes. Class open for experienced tappers only. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138356 01	Lakewood	Tu	11:30am-12:30pm	9/21-11/23	\$32		\$42

TAP DANCE I

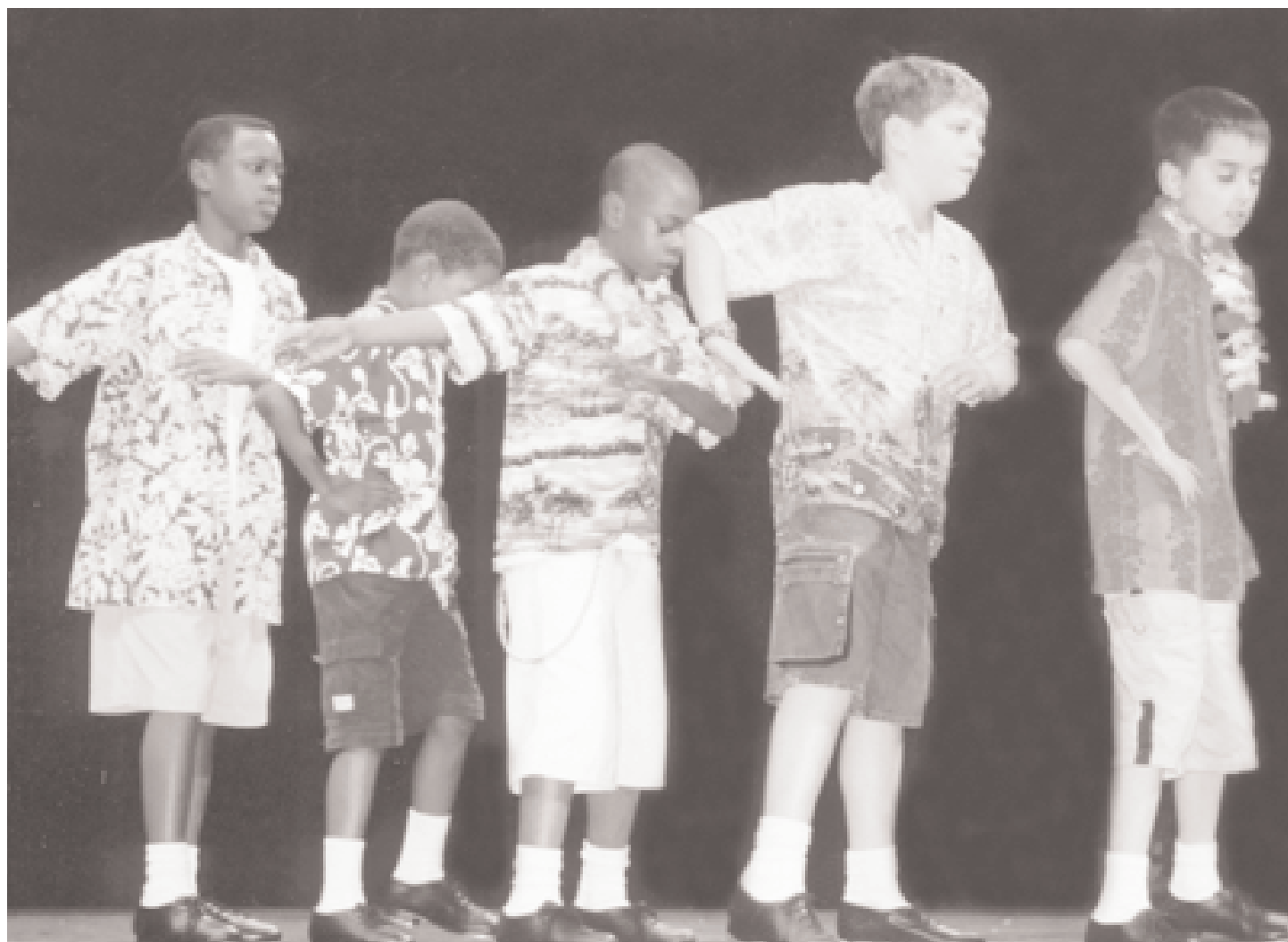
Let your feet do the talking! Learn different styles and techniques of the only dance form that has its origins in America. This beginning level class is fun, excellent exercise and easy to learn. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138357 01	Lakewood	M	6:30pm-7:30pm	9/20-11/22	\$32		\$42
138357 02	Lakewood	Tu	9:30am-10:30am	9/21-11/23	\$32		\$42

TAP DANCE II

Expand on the basics learned in Tap I. This is an advanced beginners class. You must have taken 3 sessions of Tap I or have instructor's permission. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138358 01	Lakewood	M	7:30pm-8:30pm	9/20-11/22	\$32		\$42
138358 02	Lakewood	Tu	11:30am-12:30pm	9/21-11/23	\$32		\$42
138358 03	Lakewood	Th	11:00am-12:00pm	9/23-12/9	\$32		\$42



TAP DANCE III

Advance to this intermediate level class that includes an emphasis on performance. Must have taken Tap II or have instructor's permission. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138359 01	Lakewood	W	7:00pm-8:00pm	9/22-11/24	\$32		\$42

TAP FOR TEENS/ADULTS

This is an advanced class for ages 16-adult. Elements of Jazz Dance are incorporated in this class. Must have instructor's permission.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138360 01	Lakewood	M	5:30pm-6:30pm	9/20-11/22	\$32		\$42

Teen/Adult Fitness Classes

PILATE STYLE EXERCISE I

A series of simple, yet challenging, exercises designed to tone, strengthen, and lengthen muscles. An integration of classical ballet, yoga, and the firming techniques created by Joseph Pilates. If you miss a class or a class date falls on a holiday or is cancelled due to weather, you may make it up in another class during the session. Call 441-5833 for available make up classes. Please note that fall exercise classes run for 13 weeks. Ages 14-adult

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138401 01	Lakewood	M	10:00am-11:00am	9/20-12/13	\$25		\$35
138401 02	Lakewood	F	9:30am-10:30am	9/24-12/17	\$25		\$35

PILATES STYLE EXERCISE II

A continuation of the Pilate Style Exercise I Class. An integration of classical ballet, yoga, and the firming techniques created by Joseph Pilates. If you miss a class or a class date falls on a holiday or is cancelled due to weather, you may make it up in another class during the session. Call 441-5833 for available make up classes. Please note that fall exercise classes run for 13 weeks. Ages 14-adult.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138400 01	Lakewood	W	9:30am-10:30am	9/22-12/15	\$25		\$35

NEW! SENIOR-CIZE

Focus on building or maintaining strength, flexibility and range of motion. Exercise to music standing and/or seated with weights and stretch bands. Tennis shoes and street clothes. No special clothing or equipment required. Three class rules – Show up, Move Something, Smile! Please note that fall exercise classes run for 13 weeks. Ages 55+.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138407 01	Titustown	M,W,F	10:15am-11:00am	9/20-12/17	\$93		\$103

LOW IMPACT EXERCISE AND STRETCH

Feel good again! Increase your energy level, improve your health, and tone muscles in an aerobic workout without jarring joints. Class includes warm-ups, aerobic exercises, and a cool-down. Bring your own mat or towel for floor work. If you miss a class or a class date falls on a holiday or is cancelled due to weather, you may make it up in another class during the session. Call 441-5833 for available make up classes. Please note that fall exercise classes run for 13 weeks. Ages 14-adult.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138402 01	Lakewood	M	6:30pm-7:30pm	9/20-12/13	\$25		\$35
138402 02	Lakewood	Tu	10:30am-11:30am	9/21-12/14	\$25		\$35
138402 03	Lakewood	W	9:30am-10:30am	9/22-12/15	\$25		\$35
138402 04	Lakewood	Th	9:30am-10:30am	9/23-12/16	\$25		\$35
138402 05	Lakewood	Th	6:30pm-7:30pm	9/23-12/16	\$25		\$35
138402 06	Lakewood	F	9:30am-10:30am	9/24-12/17	\$25		\$35
138402 07	Titustown	Tu	12:00pm-1:00pm	9/21-12/14	\$25		\$35

STEP AEROBICS

Step your way to better health! Cross train with step aerobics. Class includes techniques of bench stepping and hand weight workouts. Class includes warm-up, bench exercises, muscle toning, and a cool-down. Benches are provided. If you have never taken exercises classes before we suggest you start with the Low Impact Exercise and Stretch before taking Step Aerobics. Bring your own mat or towel for floor work. If you miss a class or a class date falls on a holiday or is cancelled due to weather, you may make it up in another class during the session. Call 441-5833 for available make up classes. Please note that fall exercise classes run for 13 weeks. Ages 14-adult.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138403 01	Lakewood	M	5:30pm-6:30pm	9/20-12/13	\$25		\$35
138403 02	Lakewood	Sa	8:30am-9:30am	9/25-12/18	\$25		\$35

STRETCH AND TONE WITH STABILITY BALLS

Want to enhance the quality of your life by improving your strength, stamina, and flexibility? Add definition and create lean muscle while toning your trouble spots. Through focused strengthening and stretching, increase balance, improve posture and become more flexible. This class will help you achieve a more positive mind/body balance using a variety of toning and stretching tools, including stability balls, weights, bands, and towels as well as your own body weight. Please bring a towel and water bottle to class. If you miss a class or a class date falls on a holiday or is cancelled due to weather, you may make it up in another class during the session. Call 441-5833 for available make up classes. Please note that fall exercise classes run for 13 weeks. Ages 14-adult.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138405 01	Lakewood	W	10:30am-11:30am	9/22-12/15	\$25		\$35
138405 02	Lakewood	F	10:30am-11:30am	9/24-12/17	\$25		\$35

WEIGHT RESISTANCE TRAINING

Would you like to develop additional muscle toning and defining without bulk? This is a moderately paced class geared toward these goals. Equipment will be provided. Class size is limited so register early. Bring your own mat or towel for floor work. If you miss a class or a class date falls on a holiday or is cancelled due to weather, you may make it up in another class during the session. Call 441-5833 for available make up classes. Please note that fall exercise classes run for 13 weeks. Ages 14-adult.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138404 02	Lakewood	Th	7:30pm-8:30pm	9/23-12/16	\$25		\$35
138404 03	Lakewood	Tu	7:00pm-8:00pm	9/21-12/14	\$25		\$35

YOU'RE INVITED!

ANNUAL WINTER "DANCE MAGIC" RECITAL

Come enjoy an evening of beauty, grace and talent.

The Norfolk Department of Neighborhood and Leisure Services presents the annual "Dance Magic"

Recital on Thursday, December 9, 2004 at 6:00pm

at the Harrison Opera House. For ticket

information call 441-5833.

Private Music Lessons For Youth, Teens and Adults

PRIVATE LESSONS FOR PIANO, VOICE, GUITAR, STRINGS, (Violin, Viola, Cello, or String Bass), PERCUSSION (Snare Drum, Xylophone, Drum Set), SAXOPHONE, CLARINET, FLUTE, and ELECTRIC BASS GUITAR.

Receive individual instruction (any level). Classes are 1/2 hour. Books cost extra. Ages 7-adult. BECAUSE OF LIMITED ROOM AVAILABILITY, STUDENTS WILL NOT BE ABLE TO MAKE UP LESSONS IF THEY CANCEL. PLEASE BRING YOUR REGISTRATION FOR PRIVATE LESSONS TO LAKEWOOD DANCE/MUSIC CENTER.

PRIVATE BEGINNER PIANO, BEGINNER GUITAR, OR VOICE

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138501 24	Lakewood	Th	4:00pm-4:30pm	9/23-12/9	\$110	\$120	
138501 25	Lakewood	Th	4:30pm-5:00pm	9/23-12/9	\$110	\$120	
138501 26	Lakewood	Th	5:00pm-5:30pm	9/23-12/9	\$110	\$120	
138501 29	Lakewood	Th	5:30pm-6:00pm	9/23-12/9	\$110	\$120	

PRIVATE PIANO

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138502 01	Lakewood	Th	7:30pm-8:00pm	9/23-12/9	\$110	\$120	
138502 02	Lakewood	Th	8:00pm-8:30pm	9/23-12/9	\$110	\$120	
138502 05	Lakewood	Tu	6:00pm-6:30pm	9/21-11/23	\$110	\$120	
138502 06	Lakewood	Tu	6:30pm-7:00pm	9/21-11/23	\$110	\$120	
138502 07	Lakewood	Tu	7:00pm-7:30pm	9/21-11/23	\$110	\$120	
138502 08	Lakewood	Tu	7:30pm-8:00pm	9/21-11/23	\$110	\$120	
138502 09	Lakewood	Tu	8:00pm-8:30pm	9/21-11/23	\$110	\$120	
138502 10	Lakewood	Tu	8:30pm-9:00pm	9/21-11/23	\$110	\$120	
138502 11	Lakewood	F	6:00pm-6:30pm	9/24-12/3	\$110	\$120	
138502 12	Lakewood	F	6:30pm-7:00pm	9/24-12/3	\$110	\$120	
138502 13	Lakewood	F	7:00pm-7:30pm	9/24-12/3	\$110	\$120	
138502 17	Lakewood	W	6:30pm-7:00pm	9/22-11/24	\$110	\$120	
138502 18	Lakewood	W	7:00pm-7:30pm	9/22-11/24	\$110	\$120	
138502 19	Lakewood	W	7:30pm-8:00pm	9/22-11/24	\$110	\$120	
138502 20	Lakewood	W	8:00pm-8:30pm	9/22-11/24	\$110	\$120	
138502 21	Lakewood	W	8:30pm-9:00pm	9/22-11/24	\$110	\$120	
138502 22	Lakewood	Th	6:30pm-7:00pm	9/23-12/9	\$110	\$120	
138502 23	Lakewood	Th	5:00pm-5:30pm	9/23-12/9	\$110	\$120	
138502 24	Lakewood	M	6:00pm - 6:30pm	9/20-11/22	\$110	\$120	



PRIVATE PIANO OR PERCUSSION

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138503 01	Lakewood	Tu	3:30pm-4:00pm	9/21-11/23	\$110	\$120	
138503 02	Lakewood	Tu	4:00pm-4:30pm	9/21-11/23	\$110	\$120	
138503 03	Lakewood	Tu	4:30pm-5:00pm	9/21-11/23	\$110	\$120	
138503 04	Lakewood	Tu	5:00pm-5:30pm	9/21-11/23	\$110	\$120	
138503 05	Lakewood	Tu	5:30pm-6:00pm	9/21-11/23	\$110	\$120	
138503 06	Lakewood	W	3:30pm-4:00pm	9/22-11/24	\$110	\$120	
138503 07	Lakewood	W	4:00pm-4:30pm	9/22-11/24	\$110	\$120	
138503 08	Lakewood	W	4:30pm-5:00pm	9/22-11/24	\$110	\$120	
138503 09	Lakewood	W	5:00pm-5:30pm	9/22-11/24	\$110	\$120	
138503 10	Lakewood	W	5:30pm-6:00pm	9/22-11/24	\$110	\$120	
138503 11	Lakewood	W	6:00pm-6:30pm	9/22-11/24	\$110	\$120	
138503 12	Lakewood	W	3:00pm-3:30pm	9/22-11/24	\$110	\$120	

PRIVATE PIANO OR VOICE

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138504 01	Lakewood	W	4:00pm-4:30pm	9/22-11/24	\$110	\$120	
138504 02	Lakewood	W	4:30pm-5:00pm	9/22-11/24	\$110	\$120	
138504 03	Lakewood	W	5:00pm-5:30pm	9/22-11/24	\$110	\$120	
138504 04	Lakewood	W	5:30pm-6:00pm	9/22-11/24	\$110	\$120	
138504 05	Lakewood	W	6:00pm-6:30pm	9/22-11/24	\$110	\$120	
138504 06	Lakewood	W	3:30pm-4:00pm	9/22-11/24	\$110	\$120	
138504 07	Lakewood	W	7:30pm-8:00pm	9/22-11/24	\$110	\$120	

PRIVATE BEGINNER, INTERMEDIATE OR ADVANCED GUITAR

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138505 01	Fairlawn	M	4:30pm-5:00pm	9/20-11/22	\$110	\$120	
138505 02	Fairlawn	M	5:00pm-5:30pm	9/20-11/22	\$110	\$120	
138505 03	Fairlawn	M	5:30pm-6:00pm	9/20-11/22	\$110	\$120	
138505 04	Fairlawn	M	6:00pm-6:30pm	9/20-11/22	\$110	\$120	
138505 05	Fairlawn	M	4:00pm-4:30pm	9/20-11/22	\$110	\$120	
138505 06	Lakewood	Tu	3:00pm-3:30pm	9/21-11/23	\$110	\$120	
138505 07	Lakewood	Tu	3:30pm-4:00pm	9/21-11/23	\$110	\$120	
138505 08	Lakewood	Tu	4:00pm-4:30pm	9/21-11/23	\$110	\$120	
138505 09	Lakewood	Tu	4:30pm-5:00pm	9/21-11/23	\$110	\$120	
138505 10	Lakewood	Tu	5:00pm-5:30pm	9/21-11/23	\$110	\$120	
138505 11	Lakewood	Tu	5:30pm-6:00pm	9/21-11/23	\$110	\$120	
138505 16	Lakewood	Tu	2:30pm-3:00pm	9/21-11/23	\$110	\$120	
138505 23	Lakewood	Tu	2:00pm-2:30pm	9/21-11/23	\$110	\$120	
138505 17	O.V. Sr. Ctr.	M	2:30pm-3:00pm	9/20-11/22	\$110	\$120	
138505 18	O.V. Sr. Ctr.	M	3:00pm-3:30pm	9/20-11/22	\$110	\$120	
138505 19	O.V. Sr. Ctr.	M	3:30pm-4:00pm	9/20-11/22	\$110	\$120	
138505 20	O.V. Sr. Ctr.	M	4:00pm-4:30pm	9/20-11/22	\$110	\$120	
138505 21	O.V. Sr. Ctr.	M	4:30pm-5:00pm	9/20-11/22	\$110	\$120	
138505 22	O.V. Sr. Ctr.	M	5:00pm-5:30pm	9/20-11/22	\$110	\$120	

PRIVATE SAXOPHONE OR CLARINET

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138506 05	Lakewood	F	5:00pm-5:30pm	9/24-12/3	\$110	\$120	
138506 06	Lakewood	F	5:30pm-6:00pm	9/24-12/3	\$110	\$120	
138505 07	Lakewood	F	6:00pm-6:30pm	9/24-12/3	\$110	\$120	
138505 08	Lakewood	F	6:30pm-7:00pm	9/24-12/3	\$110	\$120	
138505 09	Lakewood	F	7:00pm-7:30pm	9/24-12/3	\$110	\$120	

PRIVATE STRINGS (VIOLIN, VIOLA, CELLO, STRING BASS)

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138507 01	Lakewood	Th	6:00pm-6:30pm	9/23-12/9	\$110	\$120	
138507 02	Lakewood	Th	6:30pm-7:00pm	9/23-12/9	\$110	\$120	
138507 03	Lakewood	Th	7:00pm-7:30pm	9/23-12/9	\$110	\$120	
138507 05	Lakewood	Th	7:30pm-8:00pm	9/23-12/9	\$110	\$120	
138507 06	Lakewood	Th	8:00pm-8:30pm	9/23-12/9	\$110	\$120	

PRIVATE ELECTRIC BASS GUITAR

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138535 01	Lakewood	M	3:30pm-4:00pm	9/20-11/22	\$110	\$120	
138535 02	Lakewood	M	6:00pm-6:30pm	9/20-11/22	\$110	\$120	
138535 03	Lakewood	M	6:30pm-7:00pm	9/20-11/22	\$110	\$120	
138535 04	Lakewood	M	7:00pm-7:30pm	9/20-11/22	\$110	\$120	
138535 05	Lakewood	M	7:30pm-8:00pm	9/20-11/22	\$110	\$120	
138535 06	Lakewood	M	8:00pm-8:30pm	9/20-11/22	\$110	\$120	

PRIVATE FLUTE

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138536 01	Lakewood	Th	8:30pm-9:00pm	9/23-12/9	\$110	\$120	
138536 02	Lakewood	Th	9:00pm-9:30pm	9/23-12/9	\$110	\$120	

Group Youth/Teen Music Classes

VERY BEGINNER GUITAR

Bring your guitar and strum along with us! A beginning guitar class for youth ages 11-17.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138508 01	Fairlawn	M	6:30pm-7:30pm	9/20-11/22	\$37	\$47	

INTERMEDIATE GUITAR

A continuing class for students who have had one session of Very Beginner Guitar. For ages 11-17.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138509 01	Fairlawn	M	7:30pm-8:30pm	9/20-11/22	\$37	\$47	

RHYTHM BAND

The rhythm is going to get you! Designed to help children ages 4 to 6 develop a clear sense of rhythm. Children will learn about percussion instruments while using them in rhythm games and to accompany music. Ages 4-6. Instruments provided.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138510 01	Lakewood	Th	5:30pm-6:00pm	9/23-12/9	\$32	\$42	

MUSIC EXPLORATION

Explore rhythms and note reading through the use of recorder, bells and percussion instruments. For youth ages 7-9. Class is pre-requisite for Very Beginner Piano. (Not required if enrolling in private piano.) Instruments provided.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138511 01	Lakewood	Tu	6:00pm-6:30pm	9/21-11/23	\$32	\$42	

BEGINNER HOME SCHOOL FLUTE

Bring your flute and toot your flute in a beginning class for home school students. For ages 7-12.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138537 01	Lakewood	Tu	10:30am-11:30am	9/21-11/23	\$37	\$47	

VERY BEGINNER PERCUSSION

Have you ever wanted to play Drum Set in a Rock Band? A beginning class for students wanting instruction on snare drum and drum set. After first class, you will need to purchase a practice pad, drumsticks and book. For ages 10-17.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138512 01	Lakewood	M	4:00pm-5:00pm	9/20-11/22	\$37	\$47	

INTERMEDIATE PERCUSSION

A continuing class for students who have already had one session of Very Beginner Percussion. For ages 10-17.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138513 01	Lakewood	M	5:00pm-6:00pm	9/20-11/22	\$37	\$47	

VERY BEGINNER PIANO

Tickle the ivories in a piano class for students ages 7-12 who have never had piano. Students 7-9 must have taken Music Exploration. Books cost extra.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138514 01	Lakewood	Th	6:00pm-6:30 pm	9/23-12/9	\$32	\$42	

GREEN BOOK PIANO

A continuing class for students who are using the green Primer Level Glover Book. For ages 7-12. Books cost extra.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138515 01	Lakewood	Tu	6:30pm-7:00pm	9/21-11/23	\$32	\$42	
138515 02	Lakewood	Th	4:30pm-5:00pm	9/23-12/9	\$32	\$42	
138515 04	Lakewood	F	5:00pm-5:30pm	9/24-12/3	\$32	\$42	

BLUE BOOK PIANO

A continuing class for students who are using the blue Level One Glover Book. For ages 7-12. Books cost extra.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138516 01	Lakewood	Tu	7:00pm-7:30pm	9/21-11/23	\$32	\$42	
138516 04	Lakewood	F	5:30pm-6:00pm	9/24-12/3	\$32	\$42	

RED BOOK PIANO

A continuing class for students who are using the red Level Two Glover Book. For ages 7-12. Books cost extra.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138517 04	Lakewood	Tu	7:30pm-8:00pm	9/21-11/23	\$32	\$42	

PURPLE BOOK PIANO

A continuing class for students who are using the purple Level Three Glover Book. For ages 7-12. Books cost extra.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138518 01	Lakewood	Th	4:00pm-4:30pm	9/23-12/9	\$32		\$42

SAXOPHONE/CLARINET

Toot your horn! Use your saxophone (alto, tenor or baritone) or clarinet to learn proper breath control, intonation, articulation, note reading and rhythms. For students at any level. For ages 10 - 17. Books cost extra.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138519 01	Lakewood	F	7:00pm-8:00pm	9/24-12/3	\$37		\$47

Group Teen/Adult Music Classes

VERY BEGINNER GUITAR

Bring your guitar and strum along with us! A guitar class for beginning students ages 13-Adult. Book cost is extra.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138508 01	Fairlawn	M	6:30pm-7:30pm	9/20-11/22	\$37		\$47

INTERMEDIATE GUITAR

A continuing class for students who have had one session of Very Beginner Guitar. For ages 13-Adult. Book cost is extra.

Activity#	Site	Day	Times	Date	Fee	NR	Fee
138509 01	Fairlawn	M	7:30pm-8:30pm	9/20-11/22	\$37		\$47

VERY BEGINNER PERCUSSION

Have you ever wanted to play Drum Set in a Rock Band? A beginning class for students wanting instruction on snare drum and drum set. After the first class, you will need to purchase a practice pad, drumsticks, and book. Ages 13-Adult.

Activity #	Site	Day	Times	Date	Fee	NR	Fee
138512 01	Lakewood	M	4:00pm-5:00pm	9/20-11/22	\$37		\$47

INTERMEDIATE PERCUSSION

A continuing class for students who have had one session of Very Beginner Percussion. Ages 13-Adult.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138513 01	Lakewood	M	5:00pm-6:00pm	9/20-11/22	\$37		\$47

VERY BEGINNER PIANO

Tickle the ivories in a piano class for students ages 13 and older who have never had piano. Books cost extra.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138526 01	Lakewood	M	6:30pm-7:30pm	9/20-11/22	\$37		\$47
138526 03	Lakewood	F	2:00pm-3:00pm	9/24-12/3	\$37		\$47

BLUE BOOK PIANO

A continuing class for students who are using the blue Adult Level One Glover Book. For ages 13 and older. Books cost extra.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138527 02	Lakewood	M	7:30pm-8:30pm	9/20-11/22	\$37		\$47
138527 03	Lakewood	Tu	8:00pm-9:00pm	9/21-11/23	\$37		\$47

ADVANCED PIANO

A continuing class for students who are using the Level Four Thompson Book. For ages 13 and older. Books cost extra.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138530 01	Lakewood	F	12:00pm-1:30pm	9/24-12/3	\$42		\$52

VOICE

Do Re Mi! Learn to sing. Instruction in proper breath control, note reading, rhythms, posture, ear training, sight reading, and more. For ages 13-Adult. Book cost is extra.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
138531 01	Lakewood	W	6:30pm-7:30pm	9/22-11/24	\$37		\$47



Seniors

City-Wide Events

WEEKLY BOWLING PROGRAM: The Social Bowling Club meets each Monday, 9:30 a.m., at AMF Bowling Lanes, 2441 East Little Creek Road. The day includes three games of bowling, shoe rental, and free beverages for a nominal fee.

12/10/04

Holiday Ball

Titustown Recreation Center

6:00 P.M. – 9:00 P.M.

OCEAN VIEW SENIOR CENTER

Date	Activity	Time
09/10/04	Grandparents Bingo	2:00pm
09/15/04	Picnic/60+ Club	11:00am
10/05/04	Bridge Social	9:30am
10/08/04	Creepy Crawley Bingo	2:00pm
10/27/04	Halloween Costume Parade	11:30am
11/03/04	Anniversary Celebration/60+ Club	11:00am
11/12/04	Turkey Bingo	2:00pm
11/12/04	Veterans Program	11:30am
11/15-19/04	Turkey Shoot Week	
11/23/04	Thanksgiving Luncheon	11:30am
12/10/04	Christmas Program	12:30pm
12/10/04	Holiday Bingo	2:00pm
12/15/04	Holiday Party/60+ Club	11:00am



COUNTRY-WESTERN LINE DANCE 1

Activity#	Site	Day	Time	Date	Fee	NR	Fee
	OV Sr. Center	Thu	10:00am-11:00am	9/21-12/9	\$32		\$42

COUNTRY-WESTERN LINE DANCE 11

Activity#	Site	Day	Time	Date	Fee	NR	Fee
	OV. Sr. Center	Thu	11:00am-12:00pm	9/21-12/9	\$32		\$42



SOUTHSIDE SENIOR CENTER

Date	Activity	Time
09/10/04	Grandparents Day Celebration	1:00pm
09/15/04	Senior Club Celebration	1:00pm
10/01/04	Crochet Hat Making	11:00am
10/22/04	Fun Day with Games	1:00pm
10/29/04	October Fest Fun and Games	1:30pm
11/01/04	Hat Making	11:00am
11/18/04	Pre-Christmas Shopping & Lunch Out	10:30am
11/19/04	Annual Volunteer Program	12:00pm
11/22/04	Bead Making	1:00pm
12/06/04	Christmas Shopping	10:30am
12/10/04	Christmas Celebration	1:00pm
12/15/04	Christmas Luncheon and Program	12:30pm

Activity#	Site	Day	Time	Date	Fee	NR	Fee
	Southside	W	10:30am	9/15-11/17	\$20		\$30
	Southside	W	6:30pm	9/15-11/17	\$20		\$30

BAYVIEW SENIOR CLUB

Date	Activity	Time
09/24/04	Business Meeting/Potluck Luncheon	9:00am - 3:00pm
10/01/04	Weekly Fellowship/Card Games	9:00am - 3:00pm
10/08/04	Weekly Fellowship/Card Games	9:00am - 3:00pm
10/15/04	Weekly Fellowship/Bingo	9:00am - 3:00pm
10/22/04	Weekly Fellowship/Social Hour	9:00am - 3:00pm
10/29/04	Halloween Party/Halloween Activities	9:00am - 3:00pm
11/05/04	Weekly Fellowship/Light Refreshments	9:00am - 3:00pm
11/12/04	Weekly Fellowship/Business Meeting/ Card Games	9:00am - 3:00pm
11/19/04	Weekly Fellowship/Light Repast/Social Hour	9:00am - 3:00pm
11/26/04	Traditional Thanksgiving Fellowship	9:00am - 3:00pm
12/03/04	Business Meeting/Fellowship/ Card Games	9:00am - 3:00pm
12/10/04	Weekly Fellowship/Card Games/Bingo	9:00am - 3:00pm
12/17/04	Light Repast/Social Hour/Games	9:00am - 3:00pm

HUNTERSVILLE SENIOR CLUB

Date	Activity	Time
09/21/04	Business Meeting	11:00am
09/28/04	Fun Tuesday/Refreshments	12:00pm
10/05/04	Business Meeting	11:00am
10/12/04	Business Meeting	11:00am
10/19/04	Halloween Festivities	12:00pm
10/26/04	Fun Tuesday/Refreshments	12:00pm
10/31/04	Fifth Sunday Worship Service	11:00am
11/02/04	Election of Officers	11:30am
11/09/04	Business Meeting	11:00am
11/16/04	Business Meeting	11:00am
11/23/04	Fun Tuesday/Refreshments	12:00pm
11/30/04	Business Meeting	11:00am
12/07/04	Installation of Officers	11:00am
12/14/04	Holiday Luncheon	12:00pm



NORVIEW SENIOR CLUB

Date	Activity	Time
09/09/04	Fitness Day	11:00am - 1:00pm
09/16/04	Birthday Celebrations	11:00am - 1:00pm
09/23/04	Make It! Take It! Crafts	12:00pm - 1:00pm
10/13/04	Bowl For Fun	12:00pm - 1:00pm
10/20/04	Fun with Bingo	11:00am - 1:00pm
10/27/04	Fall Harvest Celebration	11:00am - 1:00pm
11/10/04	Winter Craft Workshop	11:00am - 1:00pm
11/17/04	Thanksgiving Feast	12:00pm - 2:00pm
12/08/04	Holiday Decorating Illustrations	11:00am - 12:00pm
12/15/04	Holiday Candlelight Luncheon	12:00pm - 2:00pm

SHERWOOD SENIOR CLUB

Date	Activity	Time
09/13/04	Business Meeting	11:00am
10/07/04	Birthday Celebration	11:00am
10/21/04	Field Trip: Old Towne Portsmouth	11:00am
11/04/04	Memorial Service	11:00am
11/18/04	Thanksgiving Dinner	11:00am
12/02/04	Field Trip: MacArthur Mall	11:00am
12/16/04	Christmas Luncheon	11:00am

TITUSTOWN SENIOR CLUB

Date	Activity	Time
09/08/04	Business Meeting	11:00am
09/11/04	Grandparents Day Bingo and Lunch	1:00pm
09/22/04	Craft Day	11:00am
09/29/04	Chrysler Museum Trip and Lunch	10:00am
10/06/04	Business Meeting	11:00am
10/20/04	Halloween Crafts and Party	11:00am
10/27/04	Guest Speaker – Senior Services of Southeastern Virginia	12:00pm
11/04/04	Senior Business Meeting	11:00am
11/11/04	Closed – Veterans Day	
11/18/04	Thanksgiving Luncheon and "Giving Thanks"	12:00pm
11/23/04	Voices of Norfolk Concert	7:00pm
12/02/04	Business Meeting	11:00am
12/09/04	Speaker – How to Handle Holiday Stress	12:00pm
12/16/04	Holiday Luncheon	12:00pm
12/23/04	Christmas Caroling/Coco/Cookies	11:00am

Therapeutic Recreation/*Any Disability*

Therapeutic Recreation programs utilize recreation to help individuals with temporary impairments, other health conditions, and disabilities to increase independence, strengthen leisure skills, and enhance personal well being – physically, cognitively, emotionally, and socially in a rehabilitative environment. Therapeutic Recreation can improve functional abilities, enhance recreation skills and attitudes, build confidence, ease fears, improve physical abilities, promote greater self-reliance, strengthen interpersonal skills, manage stress, and enrich the quality of life. Therapeutic Recreation can help people of all ages and backgrounds to get well, live well, and stay well!

Registration will be accepted only at the Therapeutic Recreation Center. Please either mail in or drop by all registration forms and checks (payable to City of Norfolk Treasurer) by registration date at the Therapeutic Recreation Center, 180 East Evans Street, Norfolk, VA 23503. Money is due at the time of registration. In order to register, you must have participated in an intake assessment with CTRS staff and all required forms must be completed. To sign up for transportation, participant must fill out a transportation request form. If you have any questions please call 441-1764(V/TDD). Registration will not be accepted prior to the registration date.

The first day of "Fall" registration is Friday, August 27, 2004 at 9:00 a.m. for the Therapeutic Recreation Center ONLY! Some events are not published in our Good Times, please contact the center for additional information. The following programs are for ages 15 and up.

GET FIT WHILE YOU SIT

Who said you have to get up out of your chair? Enjoy exercise while you sit. This is a low to moderate level of exercise used to strengthen muscle, increase flexibility, range of motion and much, much more. It is suggested to bring a water bottle and towel; you will also need to wear comfortable clothes and proper footwear.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
166722 01	TR Center	Tu	3:30pm-4:20pm	9/14 - 11/16	\$15	\$25	

DANCE TO MUSIC

Do you love to dance? If so, this is your chance to get exercise while learning different dance steps. You will learn a variety of dance styles and routines. Participants will need to wear comfortable clothes, proper footwear, and a water bottle is suggested.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
166721 01	TR Center	W	2:00pm-2:50pm	9/15 - 11/17	\$15	\$25	

LOW IMPACT EXERCISE AND STRETCH

Tone and firm your muscles, as well as increase your flexibility using aerobic workouts without jumping or jarring the joints. Class includes warm-up, exercise, and cool-down.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
166752 01	TR Center	F	5:00pm-5:50pm	9/17 - 11/19	\$15	\$25	

MAKE-IT-MOSAICS

Pick out colored tiles and glass, arrange in a design, add found items like shells or buttons, and glue the pieces down. Cover it all with grout; then allow it to set and wipe it clean. You've got a completed mosaic! In no time you'll have unique items to show off in your home, patio, and garden. There is a \$10.00 supply fee and additional supplies will be discussed the first class.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
166750 01	TR Center	F	9:30am-11:00am	9/17 - 11/19	\$20	\$30	



CERAMICS

Enjoy the opportunity to paint your own piece of decorative or functional art in a fun atmosphere. Participants must provide green ware and any special paints not provided in center supplies. A \$15.00 supply fee is due at the first class. Limited transportation is available.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
166720 01	TR Center	Tu	10:00am-12:00pm	9/14 - 11/16	\$20	\$30	

Therapeutic Recreation/*Any Disability*

SPARES AND STRIKES: RECREATIONAL BOWLING

Bowling fun! Join us at the Little Creek AMF Lanes to learn the basic rules of 10 pin recreational bowling. Adaptive equipment is available if needed. Limited transportation is available. There is an additional fee of \$1.00 per game each week.

Activity #	Site	Day	Time	Date	Fee	NR Fee
110710 01	AMF	M	12:30pm-2:00pm	9/13 - 11/15	\$15	\$25

SPARES AND STRIKES: SKILL BUILDING BOWLING

Would you like to further your bowling techniques to improve your bowling? Join us at the Little Creek AMF Lanes to improve your skills and ball handling techniques. You will have the opportunity to increase bowling skills to eventually advance to independent league bowling. Adaptive equipment is available if needed. Limited transportation is available. There is an additional fee of \$1.00 per game each week. **Class referral is required, call center for more information.

Activity #	Site	Day	Time	Date	Fee	NR Fee
110731 01	AMF	W	4:00pm-6:00pm	9/15 - 11/17	\$15	\$25

Get involved in your community. Join the
Therapeutic Recreation Advisory Committee.

Outings

COMMODORE THEATER

Lights, camera, action! Time to see a movie at the Commodore Theater in Downtown Portsmouth. Enjoy dinner while you watch a movie on the big screen. Movie ticket and dinner cost is extra. Transportation is limited, so sign up early.

Activity #	Site	Day	Time	Date	Fee	NR Fee
166740 01	TR Center	Th	9:00am-5:00pm	TBA	\$7	\$17

Aquatic Therapy

AQUACISE I

Water is the perfect medium for physical rehabilitation. Come join the group and work toward increased mobility and range of motion. Does not require swimming skills, but participants must be able to stand alone in 3 1/2 feet of water. Participants must be able to dress and toilet themselves. Swimsuits must be worn in the pool. Limited transportation is available.

Activity #	Site	Day	Time	Date	Fee	NR Fee
146711 01	Northside	M	1:00pm-1:45pm	9/13 - 11/15	\$15	\$25
146711 02	Northside	F	1:00pm-1:45pm	9/17 - 11/19	\$15	\$25
146711 03	Northside	M,F	1:00pm-1:45pm	9/13 - 11/19	\$25	\$35

AQUACISE II

How long have you participated in Aquacise? Do you feel it's time to experience a new, faster paced workout to further your physical rehabilitation? If so, it's time for you to join Aquacise II, a comprehensive total body workout not only designed to increase mobility and range of motion, but to increase strength and muscle endurance. Participants must be able to stand in 4 feet of water, dress and toilet themselves. No swimming skills are necessary. Swimsuits are required.

Activity #	Site	Day	Time	Date	Fee	NR Fee
146730 01	Northside	W	1:00pm-1:50pm	9/15 - 11/17	\$15	\$25

AQUACISE I & II COMBO

Do you need to gain muscular strength and endurance as well as maintain flexibility? Then this combination of classes is for you! Participants must be able to stand in 4 feet of water, dress and toilet themselves. No swimming skills are necessary. Swimsuits are required. Transportation is not available on Wednesdays.

Activity #	Site	Day	Time	Date	Fee	NR Fee
146730 01	Northside	M,W	1:00pm-1:50pm	9/13 - 11/17	\$25	\$35
146730 02	Northside	W,F	1:00pm-1:50pm	9/15 - 11/19	\$25	\$35

MODERATE IMPACT AQUA AEROBICS

Join us in the water for a comprehensive total body workout while toning muscles and working that heart out! Participants must be able to stand in 3 1/2 feet of water independently and engage in aerobic exercise for 30 minutes. No transportation provided. Swimsuits must be worn.

Activity #	Site	Day	Time	Date	Fee	NR Fee
146713 01	Northside	M	5:00pm-5:50pm	9/13 - 11/15	\$15	\$25

DEEP WATER POWER HOUR

Are you ready for the ultimate aquatic challenge – deep water exercise? Join us for a full body workout in the deep end of the pool using floatation devices for assistance. Work up a sweat to music, while increasing your heart rate and strengthening your entire body! Participants must feel comfortable in deep water and be able to engage in aerobic exercise for 45 minutes. No transportation provided. Swimsuits must be worn.

Activity #	Site	Day	Time	Date	Fee	NR Fee
146751 01	Northside	F	1:45pm-2:30pm	9/17 - 11/19	\$15	\$25

Did you know the pool water
temperature should be at least 83°F to
decrease joint pain and stiffness to
make joint movement easier.

Therapeutic Recreation/*Physical Impairments*

Outings

FARMER'S MARKET

Need a pumpkin for Halloween? Join us for a great time at the Farmer's Market to shop for fresh fruits and vegetables, as well as take a look at the specialty shops. We will have a picnic lunch at Princess Anne Park to energize for a day of shopping and end the day with homemade ice cream from Bergey's Dairy. Transportation is limited.

Activity #	Site	Day	Time	Date	Fee	NR Fee
166741 01	TR Center	Th	9:00am-5:00pm	10/14	\$7	\$17

JAPANESE STEAKHOUSE

Have you had a meal prepared Hibachi style? Watch the chef cook your lunch right in front of your eyes. Experience knife tricks, flames, and tasteless jokes. There is an additional cost for lunch. Transportation is provided.

Activity #	Site	Day	Time	Date	Fee	NR Fee
166742 01	TR Center	Th	9:00am-5:00pm	10/28	\$7	\$17

NEW! SHOPPING SPREE

Want to get a head start before the Christmas holidays kick in? Beat the rush and join us for the time of your life. Enjoy a day of shopping in Downtown Va. Beach. Visit the newly renovated Pembroke Mall and eat lunch at the famous Max and Erma's Restaurant. Additional cost for lunch and shopping. Transportation is limited, so register early.

Activity #	Site	Day	Time	Date	Fee	NR Fee
166743 01	TR Center	Th	9:00am-6:00pm	11/11	\$7	\$17



HOLIDAY NIGHT OUT (NEW!)

It's Christmas time in the city! Come enjoy a night of Christmas cheer among friends at a local restaurant. Then, travel to Va. Beach to see the holiday lights on the Boardwalk. Transportation is limited, so register early. There is an extra cost for dinner and admission to the lights.

Activity #	Site	Day	Time	Date	Fee	NR Fee
166723 01	TR Center	Tu	3:00pm-9:00pm	12/14	\$7	\$17



Workshops

HOLIDAY ORNAMENT WORKSHOP

Tis' the season to be jolly and decorate. Join us for a holiday ornament workshop to learn how to make various ornaments to decorate your tree or house. **All supplies provided for an additional cash fee of \$5.00 due at registration. Participant cannot register for class until supply fee is received. Supply fee is non-refundable.** Transportation is limited, so sign up early. Participants will be at the center during lunch, please bring a bag lunch.

Activity #	Site	Day	Time	Date	Fee	NR Fee
166744 01	TR Center	Th	10:00am-12:00pm	11/18	\$7	\$17

CANDY MAKING

Come and learn how to make candy by pouring assorted color chocolate into a variety of holiday molds - a perfect gift for a family member or friend. **All supplies provided for an additional cash fee of \$5.00 due at registration. Participant cannot register for class until supply fee is received. Supply fee is non-refundable.** Transportation is limited, so sign up early. Participants will be at the center during lunch, please bring a bag lunch.

Activity #	Site	Day	Time	Date	Fee	NR Fee
166745 01	TR Center	Th	10:00am-12:00pm	12/2	\$10	\$20

Therapeutic Recreation/*Mental Impairments*

Classes

AQUA OLYMPICS

Do you enjoy being in the water as well as sports fun? If so, Aqua Olympics is a class you must try! Take part in aqua games, relays, an excellent workout, and experience a variety of pool equipment. In order to participate, you should feel comfortable in the water and enjoy playing games and sports. Swimsuits must be worn in pool.

Activity #	Site	Day	Time	Date	Fee	NR Fee
146714 01	Northside	M	1:45pm-2:30pm	9/13 - 11/15	\$15	\$25

GAME NIGHT

Come out to learn, play, and have a good time participating in a variety of board and table games. We will play traditional and non-traditional games such as checkers, trouble, bingo, cards, and the memory game. You may have a favorite that you would like to share with the group. Two items from "Dollar Store" will be needed for the bingo game prizes. Please bring them the first game night. Instructor: Steven Errante.

Activity #	Site	Day	Time	Date	Fee	NR Fee
166753 01	TR Center	F	6:00pm-6:50pm	9/17 - 11/19	\$15	\$25

SPORTS BUNCH

Extreme Sports Fanatics!!! This is the group for you! We will go to three sporting events within Hampton Roads to let those officials and our teams know we care. Each trip will have a trip fee to cover transportation and admission to the event. Participants must arrive at the TR Center by 6:45pm; Norfolk residents will be dropped off at their homes. Event schedule and fee schedule will be available at registration. **Participant cannot register for class until trip fee is received. Trip fee is non-refundable.** Instructor: Steven Errante.

Activity #	Site	Day	Time	Date	Fee	NR Fee
166790 01	TR Center	F	7:00pm-10:00pm	Varies	\$15	\$25

FUN BUNCH

Hang with us as we travel Hampton Roads in search of fun with friends. We will go dining, see a play, go shopping and enjoy other activities together. Participants must arrive at the TR Center by 6:45pm; Norfolk residents will be dropped off at their homes. Event schedule and fee schedule will be available at registration. **Participant cannot register for class until trip fee is received. Trip fee is non-refundable.** Instructor: Steven Errante.

Activity #	Site	Day	Time	Date	Fee	NR Fee
166792 01	TR Center	F	7:00pm-10:00pm	Varies	\$15	\$25

FAVORITE FLICK FRIDAY

Come see a variety of movies on our Big Screen TV with surround sound stereo. We will meet three times during the session to watch a double feature or an extended version of longer movies. Along with movies and friends we'll enjoy a wide variety of foods for a most filling dinner. All movies will be rated G, PG or PG13. **There is a \$20 non-refundable program fee due at registration. Participant cannot register for class until fee is received.** Program dates will be announced at registration. Instructor: Steven Errante.

Activity #	Site	Day	Time	Date	Fee	NR Fee
166791 01	TR Center	F	7:00pm-10:00pm	Varies	\$15	\$25

Workshops

HOLIDAY ORNAMENT WORKSHOP

Tis' the season to be jolly and decorate. Join us for a holiday ornament workshop to learn how to make various ornaments to decorate your tree or house. **All supplies provided for an additional cash fee of \$5.00 due at registration.**

Participant cannot register for class until supply fee is received. Supply fee is non-refundable. Transportation is limited, so sign up early. Participants will be at the center during lunch, please bring a bag lunch.

Activity #	Site	Day	Time	Date	Fee	NR Fee
166748 01	TR Center	Th	1:00pm-3:00pm	11/18	\$7	17

HOLIDAY CANDY MAKING

Come and learn how to make candy by pouring assorted color chocolate into a variety of holiday molds - a perfect gift for a family member or friend. **All supplies provided for an additional cash fee of \$5.00 due at registration.**

Participant cannot register for class until supply fee is received. Supply fee is non-refundable. Transportation is limited, so sign up early. Participants will be at the center during lunch, please bring a bag lunch.

Activity #	Site	Day	Time	Date	Fee	NR Fee
166749 01	TR Center	Th	1:00pm-3:00pm	12/2	\$7	\$17

Total number of Americans in need of long term care is expected to rise from 13 million in 2000 to 27 million in 2050. (National Health Interview Survey, 1994-95 Disability Supplement)

Therapeutic Recreation/*Mental Impairments*

Outings

VIRGINIA STATE FAIR

What comes to mind when you hear corn dogs, elephant ears, pig races, livestock judging, and prize-winning apple pies, vegetables, and orchids? You guessed it – the Virginia State Fair! Enjoy a fun-filled day at the new fairgrounds. There is an extra cost for admission to the fair and lunch. Transportation is limited.

Activity #	Site	Day	Time	Date	Fee	NR Fee
166746 01	TR Center	Th	9:00am-10:00pm	9/23	\$7	\$17

Join BlazeSports Clubs

Virginia Beach!

Programs are focused on offering skill development, wheelchair sports, and program opportunities for youth with physical disabilities.

For more information, contact Bill

Parker at 757-471-5884,

TTY 757-471-5839

HOWL-O-SCREAM TIME AGAIN!

It's time to dust off the cobwebs and enjoy a frightful day and night at Busch Gardens. You will enjoy the calm daytime games, shows, and rides. Then, the cloak of darkness will find ghosts and goblins lurking about as we travel the rails of the GHOST TRAIN. If this appeals to your dark side then join us in some fun. **Trip fee is \$35 for those without a pass and \$10 for those with a pass. Participant cannot register for class until trip fee is received. Trip fee is non-refundable.** Bring a bag lunch, drink, and \$10-\$15 for dinner. Souvenir money is optional. Participants must wear walking shoes/sneakers. Participants must have transportation to the T.R. Center. Norfolk residents will be dropped off at their homes. Instructor: Steven Errante.

Activity #	Site	Day	Time	Date	Fee	NR Fee
166760 01	TR Center	Sa	9:00am-11:00pm	9/25	\$5	\$15

HAYRIDE AT THE HUNT CLUB

Time to get into the Halloween spirit. Enjoy a variety of activities including a hayride and petting zoo. At the end of the excitement you will be able to pick out a pumpkin from the pumpkin patch. Enjoy lunch at a local restaurant. Extra cost for lunch and admission. Transportation is limited.

Activity #	Site	Day	Time	Date	Fee	NR Fee
166747 01	TR Center	Th	9:00am-5:00pm	10/21	\$7	\$17

ANNUAL HARVEST FAIRE (NEW!)

Come rain or shine to Medieval family fun with: Celtic Folk and Comedy musician Martin Marron, The Desert Wind Dancers, competitions, archery, swordplay, live blacksmith, live music, auctions, vendors, bonfire, and a whole lot more! **There is a \$25 non-refundable trip fee due at registration. Participant cannot register for class until trip fee is received.** Pack a bag lunch for our Faire Feast and bring \$15 for dinner. Optional cost for souvenirs, activities, and snacks. Dress for the weather and if so desired you may dress in medieval attire. Participants must have transportation to the T.R. Center. Norfolk residents will be dropped off at their homes. Instructor: Steven Errante.

Activity #	Site	Day	Time	Date	Fee	NR Fee
166761 01	TR Center	Sa	9:00am-9:00pm	10/16	\$5	\$15

TRAVEL WEST TO WALTON'S MOUNTAIN (NEW!)

It's hard to believe that it has been over 20 years since we last heard those famous words from the television series "The Waltons". However, Schulyer, Virginia, is a place where you can still hear those words, "Good Night John-Boy", echoing along the foothills of the Blue Ridge Mountains. We will stop at Williamsburg for an evening stroll and enjoy tales from Colonial Times. **There is a \$30 non-refundable trip fee due at registration. Participant cannot register for class until trip fee is received.** Pack a bag lunch for our mountain picnic and bring \$10 for dinner. Optional cost for souvenirs and snacks. Dress for the weather and bring activities to do during the ride. Participants must have transportation to the T.R. Center. Norfolk residents will be dropped off at their homes. Instructor: Steven Errante.

Activity #	Site	Day	Time	Date	Fee	NR Fee
166762 01	TR Center	Sa	8:00am-10:00pm	11/13	\$5	\$15

What is out there? Sign up for an outing to see what is in your community!

Therapeutic Recreation/*Any Disability*

CHILDREN'S PROGRAMS

The following programs are open to children with any disability ages 6-14 years old. Classes are offered in 10-week sessions. Participants will need to call the center and set up a time to come in for an assessment before signing up for classes. Registration information is located in the beginning of the Therapeutic Recreation section. For more details and additional programming, call us at 441-1764.

NEW! ALLEY CATS

It's time to head to the Little Creek AMF Bowling Lanes after school. Learn the basic rules in bowling while meeting new people and having fun. Participants need to bring \$1.00 for each game, shoe rental is included.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
166701 10	AMF	Tu	4:00pm-5:00pm	9/14-11/16	\$15	\$25	



NEW! PLAY WITH YOUR FOOD

Come and create a piece of snack art using food for the craft materials. The best part of the activity is that you can eat it when you're done. This will be a fun way to try new foods! **All supplies provided for an additional cash fee of \$10.00 due at registration. Participant cannot register for class until supply fee is received. Supply fee is non-refundable.**

Activity #	Site	Day	Time	Date	Fee	NR	Fee
166702 10	TR Center	W	4:00pm-5:00pm	9/15-11/17	\$15	\$25	



NEW! SATURDAY FUN!

Enjoy lunch, games, crafts, movies, and trips on 5 selected Saturdays throughout the session. Additional costs will be required, parents will be notified during registration of costs. Times may vary depending on activity.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
166703 10	TR Center	Sa	10:00am-1:00pm	Varies	\$15	\$25	

NEW! CHILDREN'S FESTIVAL OUTING

Come out to experience the Children's Festival at Town Point Park. Participants will need to bring money for lunch and admission. Participants must be dropped off and picked up at the T. R. Center. Additional information will be provided closer to the outing date.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
166704 10	TR Center	Sa	10:00am-3:00pm	10/2	\$5	\$15	

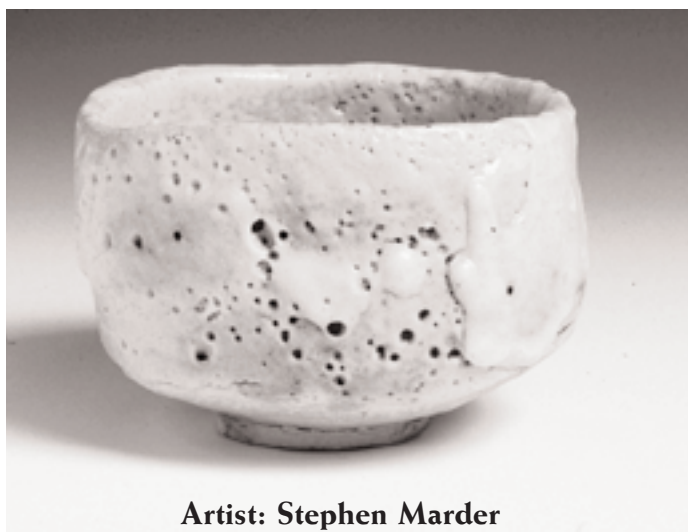
Paul Street Gallery

Titustown Visual Arts and Recreation Center
7545 Diven Street
Norfolk, VA 23505

Gallery News
Annual Art Exhibition & Sale
May 23-July 23, 2004

On Sunday, May 23, 2004, we opened our Annual Exhibition & Sale, featuring art produced by the students and instructors of the Visual Arts Program. The exhibition included a wide variety of both two and three-dimensional art. On view were illuminated stained glass, black and white studies in photography, stunning quilts, and pottery, among many other inspired media exhibitions. A beautiful Hand Quilted Americana Quilt was raffled off by the quilting classes.

Look for our upcoming January exhibition featuring work by artist/instructor Stephen Marder.



Artist: Stephen Marder

Teacher Profile

JOAN GROSCH

Instructor of Sumi-E/Oriental Brush Painting and
Young Photographers' Club



During a snow storm in 1970, my friend and I, the only students in class that day (I wonder why) touched our brushes to our very first piece of rice paper. I was hooked. Since then, I have been studying and teaching Sumi-e Painting. The beauty of this art is that there is always more to learn.

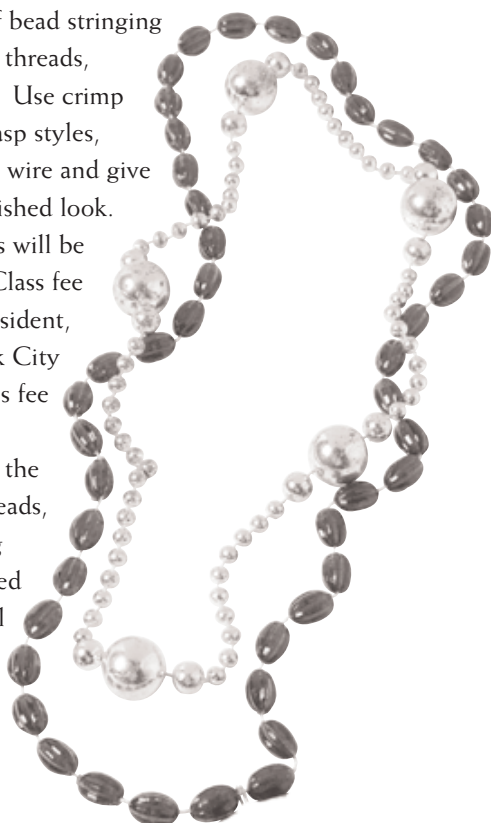
I attended Rockland College in upstate New York and Old Dominion University in Norfolk as an art major. I also studied art under Jane Evans and Peter Cavaciuti of the United Kingdom. For the past ten years, I have been teaching Oriental Painting to children and adults for the Visual Arts Center of the Neighborhood and Leisure Services Department and have thoroughly enjoyed every moment of my classes.

I am a 30-year resident of Norfolk and a member of the American Sumi-e Society of America and its local chapter—the Blue Heron. Members of the Blue Heron Chapter have their Oriental artwork on display at the Pagoda in downtown Norfolk. The Pagoda is open to the public for viewing.

Adult Classes

BEAD STRINGING WORKSHOP

Learn the basics of bead stringing using the different threads, cords and needles. Use crimp beads, different clasp styles, bead tips, memory wire and give your projects a finished look. Knotting for pearls will be the first project. Class fee \$25.00/\$35 non-resident, payable to Norfolk City Treasurer. Materials fee \$50.00 payable by check (no cash) at the first class covers beads, thread and sterling silver and gold-filled findings. Tools will be provided for classroom use. Instructor: Barbara Mason.



Session 1

Introduction to bead stringing, materials, tools and material sources. String and knot a freshwater pearl bracelet or necklace with French wire ends and a gold-filled clasp.

Session 2

Explore additional information about techniques, design and additional materials. String a necklace with crystal beads on tigertail and learn to use sterling silver clasp and crimp beads.

Session 3

Make a crystal beads bracelet and earrings using sterling silver findings and clasp. Make memory wire bracelets, and wine charms using crystal beads.

For more information, call the Visual Arts office @441-1227

Activity #	Site	Day	Time	Date	Fee	NR Fee
167830 06	Visual Arts	Sa	1:00pm-3:30pm	9/25, 10/2, 10/9	\$25	\$35

CERAMICS

Students of all levels learn techniques and refine skills in decorating and glazing ceramics; skills, materials, methods and design are stressed. Learn about greenware, bisque, underglazes, glazes, overglazes, stains and techniques such as washing, antiquing, majolica, dry brushing and much, much more. Only work produced during class will be fired. Students are responsible for supplies (greenware, glazes, brushes etc.). Instructors are Lily Ponds (Campostella), Noeleen Parks (Fairlawn), Virginia Scales (Huntersville), Rose Randall (Sherwood), Margaret Johnson (Southside), and Betsy Brown (Merrimack).

Activity #	Site	Day	Time	Date	Fee	NR Fee
118804 01*	Campostella	M	10:00am-11:00am	9/20-11/22	\$20	\$30
118804 02	Campostella	Th	6:00pm-8:00pm	9/23-11/25	\$40	\$50
128804 01	Fairlawn	M	10:00am-12:00pm	9/20-11/22	\$40	\$50
128804 02	Fairlawn	M	6:30pm-8:30pm	9/20-11/22	\$40	\$50
132804 01*	Huntersville	W	10:00am-11:00am	9/22-11/24	\$20	\$30
144804 01*	Merrimack	F	9:00am-10:00am	9/24-11/26	\$20	\$30
149804 01*	OVSC	Tu	10:00am-11:00am	9/21-11/23	\$20	\$30
149804 02*	OVSC	Th	10:00am-11:00am	9/23-11/25	\$20	\$30
158804 01	Sherwood	W	10:00am-12:00pm	9/22-11/24	\$40	\$50
158804 02	Sherwood	W	1:00pm-3:00pm	9/22-11/24	\$40	\$50
161804 01*	Southside	W	10:30am-11:30am	9/22-11/24	\$20	\$30
161804 02*	Southside	W	6:30pm-7:30pm	9/22-11/24	\$20	\$30

*Senior class

CERAMICS/FAMILY

Students of all levels learn techniques and refine skills in decorating and glazing ceramics. Students are responsible for supplies (greenware, glazes, brushes etc.). Registration fees are per person. Age 8 and up. Instructor: Betsy Brown

Activity #	Site	Day	Time	Date	Fee	NR Fee
144804 02	Merrimack	W	7:00pm-8:00pm	9/22-11/24	\$20	\$30

NEW!

CLAY HAND-BUILDING

As an introduction to the basic techniques of hand-built clay construction, this class affords an opportunity for beginners to learn and experiment at their own pace, as well as opportunity for the more experienced to brush up on old skills. You'll learn to create wonderful slab and coil constructions, in addition to bas-relief techniques. Please call for supply list. (8-weeks' course) Instructor: Shara Wertz.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167806 02	Visual Arts	W	10:00am-12:00pm	9/22-11/10	\$50	\$60

CLAY WORKSHOPS IN DECEMBER CALL 441-1227

CLAY SCULPTURE/ INTERMEDIATE AND ADVANCED

Learn modern techniques of clay sculpture. Slide presentations combined with hands-on lectures give students a unique opportunity to learn the methods of today's leading clay sculptors. Class time will be dedicated to learning construction methods and surface treatments, plus slide discussion. Only work produced during class will be fired. Please call for supply list.

Instructor: Stephen Marder.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
167824 11	Visual Arts	F	6:30pm-8:30pm	9/24-11/26	\$60		\$70



DRAWING/ALL LEVELS

This class is designed for the person who wants to learn the fundamentals of drawing or experience a refresher. The fundamentals of drawing will include perspective, line, shading, texture and form. Open to all levels of experience. Students are responsible for supplies. Instructor: Bernard Conda.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
167810 01	Visual Arts	M	6:30pm-8:30pm	9/20-11/22	\$45		\$55

DRAWING/PRIVATE LESSONS, ADULT OR YOUTH

Five (5) weeks of individualized drawing lessons for 45 minutes. Call the Visual Arts Center to schedule the classes. Students are responsible for supplies. Instructor: Bernard Conda

Activity #	Site	Day	Time	Date	Fee	NR	Fee
167810 02	Visual Arts		as scheduled		\$75		\$85

MATting AND FRAMING

Mat your own work through expert instruction and have ample time to practice mat cutting. Single, double and oval mat cuts will be taught as well as conservation matting and properly fitting your matted work to a ready-made frame. The class does not cover construction of frames. (6-weeks' class) Class is limited to 6. Instructor: Jill Brunner. Supplies are extra but not needed at first class meeting.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
167823 08	Visual Arts	W	1:00pm-3:00pm	9/22-10/27	\$50		\$60

MOSAICS, BEGINNING

Go ahead--break something! An ancient art makes a comeback. Mosaics involve making designs or images by adhering tiles, glass, even crockery (broken dishes) onto a surface, then grouting. This art has been with us since the beginning of civilization. Learn about materials, methods, uses and more. Call for supply information. Instructor: Gerry Knight.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
167818 01	Visual Arts	M	6:30pm-8:30pm	9/20-11/22	\$40		\$50

OIL PAINTING, BEGINNING

Learn painting techniques such as mixing colors, composition, and brushwork from a beginner's point of view. Supplies must be purchased by the student prior to the first class. Supply list is geared for beginning students at a minimal cost. Instructor: Emma Duncan.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
167820 01	Visual Arts	M	6:30pm-8:30pm	9/20-11/22	\$40		\$50

OIL PAINTING/STUDIO

Experienced students may sign up for studio and work on individual projects without an instructor. If interested, call 441-1257.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
167820 02	Visual Arts	F	10:00am-12:00pm	9/24-11/26	\$25		\$35
(Studio only)							

OIL PAINTING/ALL LEVELS

Through individualized instruction, students of all levels are guided in the selection of images, as well as composition and brushwork, with an emphasis in developing their own painting style. Basic through advanced instruction available. Instructors Noleen Parks (Fairlawn), Ed Stubblefield (Bayview, Tarrallton). Students must purchase their supplies.

Activity #	Site	Day	Time	Date	Fee	NR Fee
112820 01	Bayview	Tu	10:00am-12:00pm	9/21-11/23	\$40	\$50
128820 01	Fairlawn	W	10:00am-12:00pm	9/22-11/24	\$40	\$50
128820 02	Fairlawn	W	12:30am-2:30pm	9/22-11/24	\$40	\$50
128820 03	Fairlawn	Th	10:00am-12:00pm	9/23-11/25	\$40	\$50
128820 04	Fairlawn	Th	12:30pm-2:30pm	9/23-11/25	\$40	\$50
162820 01	Tarrallton	W	10:00am-12:00pm	9/22-11/24	\$40	\$50
162820 02	Tarrallton	W	12:30pm-2:30pm	9/22-11/24	\$40	\$50

ORIENTAL BRUSH PAINTING (SUMI-E)



Learn the exquisite art of Oriental brush painting from an accomplished and knowledgeable teacher. From the moment that your brush touches the paper, this lovely and calming art form will give you hours of joy. This is an 8-weeks' course (3 hours each session). Students must

purchase their supplies. Instructor: Joan Grosch.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167822 01	Visual Arts	Sa	10:00am-1:00pm	9/25-11/13	\$45	\$55

PHOTOGRAPHY/BEGINNING INTRODUCTION TO BLACK & WHITE PHOTOGRAPHY

The Visual Art Center was pleased to open the doors to our cozy new darkroom. Exposure, shutter speed, aperture, and depth of field concepts are made easy and enjoyable. Get to know your camera. A great print comes from a great negative. Learn about the exciting process of developing negatives and printing a photograph from that negative. Learn about the use of filters, the camera lens, flash, tripod, and natural and artificial light. Studio time included during class. Safety maintenance will be emphasized. 35mm camera required. Please call for supply list. Class size limited. Instructor: Randy Whitehurst.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167823 01	Visual Arts	Tu	6:30pm-8:30pm	9/21-11/23	\$125	\$135
167823 02	Visual Arts	W	10:00am-12:00am	9/22-11/24	\$125	\$135

NEW!

PHOTOGRAPHY/BEGINNING

See description above

For those who desire a compressed experience in beginning photography. 5-weeks' course @3 hours. Instructor: Leigh Babcock.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167823 09	Visual Arts	Sa	10:00am-1:00pm	10/30-11/27	\$95	\$105

NEW!

PHOTOGRAPHY/INTERMEDIATE



Black and White Photography offers something new and exciting this winter. This class is for participants who would like to learn more about special techniques in black and white photography. Experiment in the darkroom with special techniques, including sepia toning, hand colored prints, "sandwich" negatives, photograms and

more. Studio class time included during session. Darkroom safety is emphasized. Please call for supply list. Participants must have completed beginning photography at the Titustown Visual Arts Center. Class size limited. Instructor: Randy Whitehurst.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167823 03	Visual Arts	Th	6:30pm-8:30pm	9/23-11/25	\$125	\$135

NEW!

PRIVATE LESSONS /DIGITAL PHOTOGRAPHY AND ADOBE PHOTOSHOP

Are you curious about digital photography? Find out how to use a digital camera, take interesting photographs, format photographs specifically for e-mail and printing, and how to use special graphic effects. Digital photography will be taught using graphics software Adobe Photoshop. Call for supply list. (5-weeks)

Activity #	Site	Day	Time	Date	Fee	NR Fee
167823 10	Visual Arts	W	10:00am-11:00am	10/27-11/24	\$125	\$135
167823 12	Visual Arts	Th	10:00am-11:00am	10/28-11/25	\$125	\$135
167823 11	Visual Arts	F	10:00am-11:00am	10/29-11/26	\$125	\$135

* If you need a particular day and time please contact 441-1227

Pottery

For Handbuilding and Sculpture see Clay Handbuilding and Clay Sculpture above

POTTERY CLASS INFORMATION

Registered pottery on the wheel students (in classes below) can use the pottery studio (at no additional cost) for practice when the room is available for up to 10 hours (equivalent to an additional 5 classes). Students who desire more time are encouraged to sign up for an additional class. Only work produced during class will be fired. Glazing must be done under the guidance of an instructor.

Pottery Lab Fee **\$20.00***

*Lab fee is per registered class. Must be paid at time of registration.

Make check payable to: Friends of Titustown

POTTERY ON THE WHEEL

Discover the age-old art of making wheel-thrown pottery. Through discussions and demonstrations, learn about clay types, tools, techniques and glazes--for all levels of experience. Only work produced during class will be fired. Call 441-1227 for supply information. Instructor: Robin Hodges.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167824 02	Visual Arts	Sa	7:00pm-9:00pm	9/25-11/27	\$50	\$60
167824 03	Visual Arts	Th	7:00pm-9:00pm	9/23-11/25	\$50	\$60

POTTERY/ WHEEL THROWING AND ALTERING

Learn methods of achieving beautiful pieces by using techniques of both wheel and hand. The class is predominantly wheel throwing with side explorations into altering thrown forms. Emphasis is on combination techniques and using stamps to create texture. Only work produced during class will be fired. Call 441-1227 for supply information. Instructor: Sally Harland.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167824 04	Visual Arts	W	10:00am-12:00pm	9/22-11/24	\$50	\$60
167824 01	Visual Arts	W	6:30pm-8:30pm	9/22-11/24	\$50	\$60

POTTERY ON THE WHEEL/SOME PROFICIENCY REQUIRED

A skill building class designed for students with some proficiency. Projects will be developed as a class. Simplicity of form and decoration, as well as balance and proportion will be discussed. Studio safety practices will be stressed. Only work produced during class will be fired. Call 441-1227 for supply information. Instructor: Mildred Tickle.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167824 05	Visual Arts	F	10:00am-12:00pm	9/24-11/26	\$50	\$60

POTTERY ON THE WHEEL /ALL LEVELS

Get your hands dirty! If you have always been interested in throwing on the wheel, this is the class for you. Students at any and all levels of experience are invited to learn how to center, form and glaze. Students will enjoy studio times and learn about equipment use and safety procedures. Studio safety practices will be stressed. Only work produced during class time will be fired. Call for supply information. Instructor: Mildred Tickle.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167824 06	Visual Arts	Tu	10:00am-12:00pm	9/21-11/23	\$50	\$60

POTTERY ON THE WHEEL/HANDBUILDING. TEENS AND ADULTS.

This class offers a fun opportunity for teens and adults to learn the exciting art of throwing on the wheel, together! Starting with the cylinder form and progressing to the bowl form, you will learn techniques in glazing, trimming and wedging. Students will become familiar with studio and equipment use, as well as safety practices. Only work produced during class will be fired. Adult must accompany teen and both must register and pay fees. Ages 12 to adult. Call 441-1227 for supply information. Instructor: Stephen Marder.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167824 07	Visual Arts	M	6:30pm-8:30pm	9/20-11/22	\$50	\$60

POTTERY STUDIO

As space permits, students with prior pottery and glazing experience can register for this studio class of 20 hours, to be used whenever the pottery room is available (other than previous listed class times). Only work produced during class will be fired. Glazing must be done under the guidance of an instructor.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167824 08	Visual Arts	M-F	Varies	9/20-11/26	\$50	\$60

QUILTING

Step-by-step guidance in the art of creating quilts for all levels of experience. The instructor has more than 30 years experience in quilting, and provides expert instruction in cutting, piecing, sewing and finishing quilts, as well as design, composition and color. Quilting scholarship available. Call 441-1227 for supply information. Instructor: Edith Hughes.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167826 01	Visual Arts	Th	10:00am-12:00pm	9/23-11/25	\$40	\$50
167826 02	Visual Arts	Th	7:00pm-9:00pm	9/23-11/25	\$40	\$50
166826 03	TR Center	Tu	7:00pm-9:00pm	9/21-11/23	\$40	\$50

QUILTING BEE

A class for the experienced quilter. Quilters may attend any of the existing classes for the enjoyment of socializing and exchanging quilting ideas and expertise.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167826 04	Visual Arts	Th	10:00am-12:00pm	9/23-11/25	\$20	\$30
167826 05	Visual Arts	Th	7:00pm-9:00pm	9/23-11/25	\$20	\$30
166826 06	TR Center	Tu	7:00pm-9:00pm	9/21-11/23	\$20	\$30

Sewing

CLOTHES, SLIPCOVERS, WINDOW TREATMENTS, HATS, ACCESSORIES

Students of all levels of skill are welcome in all classes. Students will work on individual projects with instruction and guidance from the instructor. Instruction is available in construction of clothing, slipcovers, window treatments, hat making and accessories. Sewing machines are available on site; students may bring their own or students may consult with the teacher for guidance in purchasing machines.

Sewing clothes will cover selection of patterns and fabric, the process of cutting and piecing and the construction of clothing. More advanced coursework includes alteration, tailoring, fitting and serge sewing. Hat making will cover basic sewing techniques and construction, plus remodeling hats if desired. Slipcover class will cover measurement, cutting and construction, plus emphasis on the importance of fabric selection and use of color. Only chairs will be accepted due to storage space limitations. Class size is limited to 6 students. Instructor: Deloris Johnson. Call 441-1227 for further information.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167828 01	Visual Arts	Tu	6:30pm-8:30pm	9/21-11/23	\$50	\$60
167828 04	Visual Arts	Tu	10:00am-12:00pm	9/21-11/23	\$50	\$60
167828 03	Visual Arts	Sa	10:00am-12:00pm	9/25-11/27	\$50	\$60
112828 01	Bayview	Th	6:30pm-8:30pm	9/23-11/25	\$50	\$60

SEWING CIRCLE

Sewing circle is an option for students who need minimal



instruction and who have experience in sewing. Permission of the instructor is required. Students will be incorporated into any of the classes listed under Sewing. See listed above days and times.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167828 06	Visual Arts	Varies	Varies	9/20-11/27	\$25	\$35

SILVER JEWELRY/ALL LEVELS

Students of all levels of proficiency are welcome in all classes. Instructors will coach all students in their own projects. Students are responsible for purchasing their own silver. An expendable supply fee is payable at the first class: \$12.00 payable by check (no cash) for all new students and a \$5.00 fee for returning students. Tools are available for classroom use. Instructors: Barbara and Fred Mason.

Beginning students will learn basic techniques of making jewelry: sawing, filing and cold forging, which are the preparations for soldering. Design and construction techniques will allow the students to complete their own projects. Most students are able to bezel set a stone by the end of their first ten weeks.

Intermediate students will refine existing skills and acquire more technical skills as they learn the use of more tools and more advanced and complex techniques that include advanced design processes. Stone cutting equipment is available for students who wish to cut their own cabochons.

Advanced students may also learn lost wax casting using the vacuum casting unit, puddle casting, cuttlefish bone or water casting, and ingot making in independent projects. Students with proven proficiency may progress to working with gold.

Missed classes may be made up at another class time by prior arrangement. Make-up dates due to holidays and art shows will be announced in class.

Activity #	Site	Day	Time	Date	Fee	NR Fee
128830 01	Fairlawn	W	6:30pm-8:30pm	9/22-11/24	\$55	\$65
167830 02	Visual Arts	Th	6:30pm-8:30pm	9/23-11/25	\$55	\$65
167830 03	Visual Arts	Tu	10:00am-12:00pm	9/21-11/23	\$55	\$65
167830 04	Visual Arts	Tu	6:30pm-8:30pm	9/21-11/23	\$55	\$65
167830 05	Visual Arts	Sa	10:00am-12:00pm	9/25-11/27	\$55	\$65

STAINED GLASS/BEGINNING

One of our most popular classes! Beginning students will learn the introductory techniques of stained glass design and construction through cutting glass and foiling with copper. Supply fee of \$5.00 at first class for expendable items and the first two projects. The final project costs are the responsibility of the students. Instructor: Gerry Knight.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167832 01	Visual Arts	W	6:30pm-8:30pm	9/22-11/24	\$45	\$55

Visual Arts

STAINED GLASS/ INTERMEDIATE

Further develop skills learned in the beginning stained glass class. Students will construct a box or a flat panel lamp.

Instructor: George Pillsbury.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167832 02	Visual Arts	Th	7:00pm-9:00pm	9/24-11/26	\$45	\$55

STAINED GLASS/ STUDIO AND TIFFANY LAMP

Students experienced in stained glass may sign up for studio and work on individual projects without an instructor. Advanced students will construct a Tiffany-style lamp. Instructor: Fred Scarlott.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167832 03	Visual Arts	M	7:00pm-9:00pm	10/4-12/6	\$45	\$55
(Advanced)						
167832 04	Visual Arts	M	7:00pm-9:00pm	10/4-12/6	\$25	\$35
(Studio only)						

WATERCOLORS

Explore watercolor through discussion, demonstration, and hands-on practice. Students will learn about watercolor materials, controlling the brush, use of color, painting techniques and composition. Call 441-1227 for supply information. Instructor: Yvonne Wilson Boone.

Activity #	Site	Day	Time	Date	Fee	NR Fee
166834 01	TR Center	Tu	6:30pm-8:30pm	9/21-11/23	\$40	\$50



WOOD FURNITURE REPAIR AND REFINISHING

Bring your furniture problems to our class and learn what is needed to repair and later refinish furniture. Do not throw away a wooden chair or table. We have the tools and glue to fix the worst of problems (dents, dings, scratches, creaks and groans). Learn about wood—why it moves and why it fails. Small supply fee due at first class. Instructor: Art Green, Master Woodcraftsman.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167836 01	Visual Arts	W	6:30pm-8:30pm	9/22-11/24	\$60	\$70

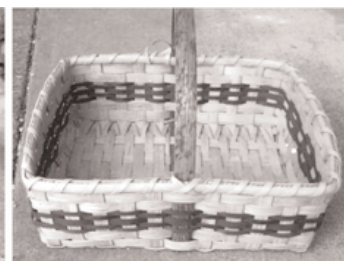
NEW!

SPECIAL WORKSHOPS BASKET WEAVING

Join us at the Visual Arts Center for Basket Weaving with special guest artist Lynn Ryan. To register for any workshop, write a \$10 check made out to Norfolk City Treasurer. Material supply fee for each workshop is \$25, payable by check to Lynn Ryan.



Market Basket



Magazine Basket



Round Basket



Round Wooden Basket

MARKET BASKET

The Market Basket is for the beginner. Learn the basic plait weave with open bottom (12" x 18" base).

Activity #	Site	Day	Time	Date	Fee
167837 01	Visual Arts	W	10:00am-2:00pm	9/22	\$10

MAGAZINE BASKET

Explore special weaving styles and learn how to do a "crow's foot finish". (12"x 10"basket).

Activity #	Site	Day	Time	Date	Fee
167837 02	Visual Arts	W	10:00am-2:00pm	9/29	\$10

ROUND BASKET

Learn the "3 rod wale weave". (The round basket is 8"round and 6" high.)

Activity #	Site	Day	Time	Date	Fee
167837 03	Visual Arts	W	10:00am-2:00pm	12/1	\$10

ROUND WOODEN BASKET

Participants will learn basic inserting of spokes and free style shaping. (The round wooden basket is 8" and 3"high.)

Activity #	Site	Day	Time	Date	Fee
167837 04	Visual Arts	W	10:00am-2:00pm	12/8	\$10

DECEMBER WORKSHOPS IN OTHER MEDIA

Call 441-1227 for information

INSTRUCTORS NEEDED:

Beadweaving, Ceramics, and Photography (B/W)

CALL 441-1227 (Debbie Dickerson/Leigh Babcock)

Note: Some classes may have a small material fee for expendable items. Please check with Visual Arts at 441-1227.

**IF YOU HAVE AN IDEA FOR A CLASS,
PLEASE TELL US ABOUT IT!**

In the event a holiday falls on a class date, the time will be made up as scheduling permits.



Kids' Art

Kids' Art courses and activities are offered for children up to 17 years of age. Please register in advance, no later than 1 week before the first day of class. Participants provide their own art supplies unless otherwise stated. For more information about registration, sites, or supplies, please call the Visual Arts office at 441-1227.

DID YOU KNOW?

The College Entrance Examination Board reports that students of the arts, whether music, drama, visual or other, consistently outscore non-arts students on both verbal and math portions of the SAT exams. The longer that art is studied, the reports show, the higher the overall SAT scores. Other studies have uncovered similar findings. For instance, test scores in reading, writing, and vocabulary doubled at one Los Angeles School after three years of an arts education pilot program; that school now has the highest scores in its district (taken from Port Folio Magazine, April 18, 1995).

Preschool

YOUTH 7 AND UNDER

LITTLE DOODLE DANDY/AGES 2-3 YEARS

A scribbly doodley good time. Join us to explore lots of colors, shapes and lines--just perfect for the toddler in you. "Doodle dandies" will receive an artist certificate upon completion of class. Ages 2 and under. A parent's attendance is required.

Instructor: Leigh Babcock

Activity #	Site	Day	Time	Date	Fee	NR Fee
167841 01	Visual Arts	Sa	1:00pm-2:00pm	11/6	\$15	\$25

DISCOVERING CLAY/AGES 4-7

This class has been designed with the younger child in mind; we know how much children love to get their hands into everything and clay is just the perfect thing to get into! Get ready for a totally tactile experience as we create wild and crazy sculpted pieces. The only tools needed are hands and imaginations! Supplies provided. (5-weeks' course) Instructor: Shara Wertz. Class is limited to 8 children ages 4-7.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167842 01	Visual Arts	M	4:00pm-5:00pm	9/20-10/18	\$30	\$40

MULTI-MEDIA ART/AGES 4-7

Multi-media art is a little bit of everything all rolled into one! If you've ever been curious about combining different methods of art making, then you won't want to miss this class. Jump in and join the fun. Come explore painting, drawing, even collage. (5 weeks' course) Supplies provided. Instructor: Shara Wertz. Class is limited to 8 children ages 4-7.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167844 01	Visual Arts	Th	4:00pm-5:00pm	9/23-10/21	\$30	\$40

Youth 8 and Over

CARTOONING/AGES 8 AND OVER

Cartoon drawing is a great way for children to learn the basics of drawing. It can teach them the fundamentals of basic design through the use of circles, squares and rectangles in constructing basic forms and figures--all of these in a language most children love...cartoon comics. Ages 8 and up. Please call for supply list. Instructor: Bernard Conda.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167840 01	Visual Arts	Tu	4:30pm-5:30pm	9/21-11/23	\$30	\$40

Visual Arts

PAINTING & DRAWING/AGES 8 AND OVER

There's a world of color and texture, line and shape just waiting to be discovered, and painting and drawing is a great way to find it! This class is open to all levels of experience and interest, whether you like to be loose and expressive or smooth and precise. Class is limited to 8 children ages 8 and up. Please call for supply list. (8-weeks' course) Instructor: Shara Wertz

Activity #	Site	Day	Time	Date	Fee	NR Fee
167848 01	Visual Arts	Tu	4:00pm-6:00pm	9/21-11/9	\$45	\$55

SCULPTURE/AGES 8 AND OVER

Experiment with a variety of possible materials. Discover the wacky world of bending wire into human faces. Make paper mache puppets and whirling mobiles too. (8-weeks' course) Class is limited to 8 children. Ages 8 and up. Supplies provided. Instructor: Shara Wertz

Activity #	Site	Day	Time	Date	Fee	NR Fee
167853 02	Visual Arts	W	4:30pm-6:00pm	9/22-11/10	\$45	\$55

YOUNG PHOTOGRAPHERS' CLUB/ AGES 8 AND OVER

Be a young Ansel Adams! Bring along your 35mm instant camera—a fancy camera is not required. First roll of film will be supplied by instructor. A fun class for learning photographic composition. How do you see the world? Development of film is the responsibility of the student. Ages 8 and up. 8 weeks' course. Instructor: Joan Grosch.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167862 02	Visual Arts	F	4:00pm-5:00pm	9/24-11/12	\$30	\$40

Home Learners

HOME LEARNERS/ POTTERY ON THE WHEEL/ AGES 8 AND OVER

For beginning students, this class is an introduction to pottery on the wheel. Learn about form, tools, techniques, glazes, and safe studio practices. Returning students will learn to alter forms and to explore a variety of decorating techniques. Only work produced during class will be fired. Class is limited to 6 children ages 8 and up. (8-weeks' course) Call for supply list. \$5 glaze fee included below. Instructor: Shara Wertz.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167860 02	Visual Arts	M	10:00am-12:30pm	9/20-11/8	\$55	\$65

Teens – 13-17

BACK TO SCHOOL BELL BOTTOM BLUES/ 13 AND OVER

Not sure what to do with last year's denims? Why not bring them in, cut them up and sew them back together to create a magnificent back-to-school tote bag! Instructor: Shara Wertz. Call for supply list. (2 Fridays) Class limited to 8. Ages 13 and up. Adults welcome.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167856 01	Visual Arts	F	4:00pm-6:00pm	9/24, 10/1	\$20	\$30

Family

*Children under 6 must be accompanied by a parent.

PAINTED PUMPKIN PORTRAITS/ALL AGES*

Create a truly unique piece of art work this fall and place it on your doorstep for all to enjoy. Paint a picture of yourself, your favorite character or any figment of your imagination. We'll provide the paint and brushes. Please remember to bring a pumpkin and an active imagination! Instructor: Shara Wertz. Kids of all ages are invited, but children under 6 years old must be accompanied by a parent. Fee is per family.

Activity #	Site	Day	Time	Date	Fee	NR Fee
167856 02	Visual Arts	F	4:00pm-5:00pm	10/29	\$5	\$15

TASTY TURKEY TABLE TALK/ALL AGES*

That's right, it's that time of year again when our friend the turkey makes a limited time only appearance at the dinner table. Why not give your family and guests something special to talk about at the table--a serving platter made by you! Use clay to make a hand-built platter and return the following week to decorate and glaze it. Supplies provided. Instructor: Shara Wertz. Kids of all ages are invited, but children under 6 years old must be accompanied by a parent. (2 Saturdays)

Activity #	Site	Day	Time	Date	Fee	NR Fee
167856 03	Visual Arts	Sa	1:30pm-3:30pm	11/6, 11/13	\$20	\$30

What's Cooking In Clarice's Kitchen

Cooking classes will resume in January 2005.

Please call the Visual Arts Center at 441-1227 to get on our interest list for cooking classes.

== Vivian C. Mason Arts And Technology Center

Computer Classes

MICROSOFT BASIC 101

This course is an introduction to the computer, its parts, and basic maintenance. The focus of the class will be to expose and encourage the beginner user to work with the computer in more ways than just playing games. Basic typing skills will be developed using interactive typing programs. The safe and moral uses of the Internet will be explained, demonstrated, and emphasized. Call 441-1035 for additional information. Adults 18-99. Maximum of 10 students.

Activity #	Site	Day	Time	Date	Fee	NR Fee
168842-30	VCM	M	6:00pm-8:00pm	9/13-11/15/04	\$45	\$55



MICROSOFT BASIC 102

Learn to use such productivity programs as MS Word, Excel, PowerPoint, and MS E-mail (Outlook, Outlook Express). This course focuses on tasks related to properly maintaining an operating system, correctly loading and unloading programs/drivers, the organization of the file system, and the construction of logical procedures to facilitate effective basic system troubleshooting. Keyboarding skills will be taught to use interactive typing programs and group typing sessions. Students will also be challenged to successfully disassemble and re-assemble complete computer systems to include installation of software and connection to the network. Adults 18-99. Maximum of 10 students.

Activity #	Site	Day	Time	Date	Fee	NR Fee
168843-32	VCM	W	6:00pm-8:00pm	9/15-11/17/04	\$45	\$55

SENIOR BEGINNERS COMPUTER

This course is an introduction to computers, its parts, and basic maintenance. The focus of the class will be to expose and encourage the beginner user to work with the computer and not be afraid. Basic typing skills will be developed using interactive typing programs. Learn how to surf the Internet for information. Adults 55-99. Maximum of 15 students.

Activity #	Site	Day	Time	Date	Fee	NR Fee
168844-36	VCM	Tu/Th	10:30am-12:30pm	9/14-11/18/04	\$25	\$35

SENIOR INTERMEDIATE COMPUTER

Learn to use such programs as MS Word, Excel, and E-mail (Outlook, Outlook Express). This course focuses on tasks related to properly maintaining an operating system by correctly loading and unloading programs/drivers, the organization of the file system, and construction of logical procedures to facilitate effective basic system troubleshooting. Adults 55-99. Maximum of 15 students.

Activity #	Site	Day	Time	Date	Fee	NR Fee
168845-38	VCM	M&W	10:30am-12:30pm	9/13-11/17-04	\$25	\$35

YOUTH & TEEN COMPUTER

This course is an introduction to the computer, its parts, and basic maintenance. The focus of the class will be to expose and encourage the beginner user to work with the computer in more ways than just playing games. Basic typing skills will be developed using interactive typing programs. Safe and moral uses of the Internet will be explained, demonstrated, and emphasized. Ages 9-17, Maximum of 13 students.

Activity #	Site	Day	Time	Date	Fee	NR Fee
168846-40	VCM	W	3:30pm-5:30pm	9/15-11/17/04	\$45	\$55

HARDWARE PREPARATION FOR COMPTIA A+ CERTIFICATION

Designed to introduce the beginning computer user/technician to the functional parts of the computer and develop the knowledge of proper hardware installation and troubleshooting techniques necessary to successfully complete the hardware domain of the A+ Certification test. Course material needed: COMPTIA A+ Certification book. Ages: 18-99. Maximum of 3 students

Activity #	Site	Day	Time	Date	Fee	NR Fee
168847-42	VCM	Tu/Th	6:00pm-8:00pm	9/14-11/18/04	\$50	\$80

Vivian C. Mason Arts And Technology Center

HOME SCHOOL BEGINNER COMPUTER SKILL BUILDING

This course is an introduction to the computer, its parts, and basic maintenance. The focus of the class will be to expose and encourage the beginner user to work with the computer in more ways than just playing games. Basic typing skills will be developed using interactive typing programs. The safe and moral uses of the Internet will be explained, demonstrated, and emphasized. Call 441-1035 for more information. Grades 4-6, Maximum of 10 students.

Activity #	Site	Day	Time	Date	Fee	NR Fee
168848-44	VCM	Tu	12:30pm-2:30pm	9/14-11/18/04	\$45	\$55

HOME SCHOOL INTERMEDIATE COMPUTER SKILL BUILDING CLASS

Learn to use such productivity programs as MS Word, Excel, PowerPoint, and MS E-mail (Outlook, Outlook Express). This course focuses on tasks related to properly maintaining an operating system, correctly loading and unloading programs/drivers, the organization of the file system, and troubleshooting. Keyboarding skills will be taught by using interactive typing programs and group typing sessions. Students will also be challenged to successfully disassemble and re-assemble complete computer systems to include installation of software and connection to the network. Grades 7-12, Maximum of 10 students.

Activity #	Site	Day	Time	Date	Fee	NR Fee
168850-46	VCM	Th	12:30pm-2:30pm	9/14-11/18/04	\$45	\$55

Photography Classes

PHOTOGRAPHY/BEGINNERS

INTRODUCTION TO BLACK & WHITE PHOTOGRAPHY

The Vivian C. Mason Center is pleased to open the doors to our dark room. Exposure, shutter speed, aperture, and depth of field are made easy and enjoyable. Get to know your camera. A great print comes from a great negative. Learn about the exciting process of developing negatives and printing a photograph from that negative. Learn about the use of filters, the camera lens, flash, tripod, light, cables, and technical care of negative prints. Special techniques include "dodging" and "burning." Studio time included during class. Safety maintenance will be emphasized. 35mm camera required. Please call for supply list. Ages 10-99.

Activity #	Site	Day	Time	Date	Fee	NR Fee
168852-48	VCM	Th	6:00pm-8:00pm	9/16-11/18/04	\$125	\$135

DIGITAL PHOTOGRAPHY

Introduction to the operation of a digital camera and learn the techniques of lighting, angles, etc. Also, you will learn how to use the computer to download and print. Learn the types of paper to print the picture on. This class is for ages 13-99 for 4 weeks, maximum of 4 students

Activity #	Site	Day	Time	Date	Fee	NR Fee
168854-50	VCM	W	6:00pm-8:00pm	9/15-10/6/04	\$65	\$85



Pottery Classes

ADULT

HANDBUILDING AND SCULPTURE

Learn to construct clay containers, such as bowls, boxes, garden pots, and more. Create sculptures by hand. Use the coil, slab, drape and pinch techniques, and learn finishing and glazing. Only work produced in class will be fired. All students must register and pay Pottery Supply Fee (see below). Ages: 18 and up.

Activity #	Site	Day	Time	Date	Fee	NR Fee
168856-52	VCM	Tu	10:00am-12:00pm	9/14-11/16/04	\$45	\$55

== Vivian C. Mason Arts And Technology Center

THROWING ON THE WHEEL/ BEGINNER

Student will learn to throw graceful pottery forms on the wheel. Lessons include centering, creating the cup, vase and bowl forms, adding handles, trimming, finishing and glazing. Only work produced in class will be fired. All students must register and pay Pottery Supply Fee (see below). Ages: 18 and up.

Activity #	Site	Day	Time	Date	Fee	NR Fee
168858-54	VCM	W	6:00pm-8:00pm	9/15-11/17/04	\$50	\$6

YOUTH

HANDBUILDING AND SCULPTURE

Learn to create sculptures and construct clay containers, such as pots, bowls, boxes, and more by hand. Lessons include visualizing and creating various types of forms using the coil, slab, drape and pinch techniques, finishing and glazing. Teaches planning and preparation, creative design, how to work with the media, attention to detail, and personal expression. All students must register and pay Pottery Supply Fee (see below). Ages: 8 -17.

Activity #	Site	Day	Time	Date	Fee	NR Fee
168860-56	VCM	Tu	3:30pm-5:30pm	9/14-11/16/04	\$45	\$55

THROWING ON THE WHEEL/BEGINNER

Learn to throw graceful pottery forms on the wheel. Lessons include centering, creating the cup, vase and bowl forms, adding handles, trimming, finishing and glazing. Teaches creative and aesthetic design, how to work with the media, attention to detail, and personal expression. All students must register and pay Pottery Supply Fee (see below). Ages: 12-17, Maximum of 6 students

Activity #	Site	Day	Time	Date	Fee	NR Fee
168862-58	VCM	Th	3:30pm-5:30pm	9/16-11/18/04	\$50	\$60

Home School

HANDBUILDING AND SCULPTURE

Learn to create sculptures and construct clay containers, such as pots, bowls, boxes, and more by hand. Lessons include visualizing and creating various types of forms using the coil, slab, drape and pinch techniques, finishing and glazing. Teaches planning and preparation, creative design, how to work with the media, attention to detail, and personal expression. All students must register and pay Pottery Supply Fee (see below). Grades 8-17. Maximum of 6 students.

Activity #	Site	Day	Time	Date	Fee	NR Fee
168864-60	VCM	M	12:00pm-2:00pm	9/13-11/15/04	\$45	\$55

THROWING ON THE WHEEL

Learn to throw graceful pottery forms on the wheel. Lessons include centering, creating the cup, vase and bowl forms, adding handles, trimming, finishing and glazing. Teaches creative and aesthetic design, how to work with the media, attention to detail, and personal expression. All students must register and pay Pottery Supply Fee (see below). Ages: 12-17. Maximum of 6 students per class.

Activity #	Site	Day	Time	Date	Fee	NR Fee
168866-62	VCM	M	2:30pm-4:30pm	9/13-11/15/04	\$50	\$60__



POTTERY SUPPLY FEE

All pottery students are required to register and pay a supply fee to cover the cost of clay and glazes, which are provided to the students. This fee must be paid at the time of registration. Beginners are charged \$20.00 to cover both clay and glazes. Advanced students, who generally produce more work, may either pay \$20.00 to cover only the cost of glazes if they wish to bring their own clay or \$30.00 to use both clay and glazes provided by the center. In addition, all adult students will need to buy a Pottery Tool Kit, which is available at local art or pottery suppliers.

Activity #	Class Status	Fee
368828-20	Beginners (clay & glazes) or Advanced (glazes only)	\$20
368828-20	Advanced (clay & glazes)	\$30
468838-22	Summer Youth & Teen Art Camp Supply Fee	\$20

Class Registration Form

Fall 2004 Registration Form

PLEASE PRINT AND FILL OUT COMPLETELY.

Adult, Parent, or Guardian _____

Address/City/Zip Code _____

Phone Numbers (Day) _____ (Evening) _____

Activity Number	Participant's Name Last First	Birth Date Mo/Day/Yr	Sex	Activity Name	Site	Day/Time	Total Fee
TOTAL AMOUNT ENCLOSED							



Should you need special accommodations that will enable you to participate in our activities, please call 441-1764 (V/TDD).

Make checks payable to
Norfolk City Treasurer

NO CASH ACCEPTED

Form of Payment: ☐ Check ☐ Money Order

Check/Money Order # _____

Fee = Norfolk Resident

NR Fee = Resident of other cities

Fall 2004 Registration Form

PLEASE PRINT AND FILL OUT COMPLETELY.

Adult, Parent, or Guardian _____

Address/City/Zip Code _____

Phone Numbers (Day) _____ (Evening) _____

Activity Number	Participant's Name Last First	Birth Date Mo/Day/Yr	Sex	Activity Name	Site	Day/Time	Total Fee
TOTAL AMOUNT ENCLOSED							



Should you need special accommodations that will enable you to participate in our activities, please call 441-1764 (V/TDD).

Make checks payable to
Norfolk City Treasurer

NO CASH ACCEPTED

Form of Payment: ☐ Check ☐ Money Order

Check/Money Order # _____

Fee = Norfolk Resident

NR Fee = Resident of other cities

Neighborhood Service Centers

Neighborhood Service Centers

Norfolk's Neighborhood Service Centers have been transitioned to the Department of Neighborhood and Leisure Services (NLS), and are now under the Neighborhood Services Division.

The vision of all Neighborhood Service Centers is to enhance the quality of services, programming and service related activities to ensure Norfolk citizens live in healthier and safer neighborhoods. Each Neighborhood Service Center is committed to quality customer service and building stronger neighborhoods.

Neighborhood Service Centers, previously referred to as multi-service centers, are strategically located throughout the city to provide quality service delivery of health, educational, recreational, and social programs to Norfolk citizens.

Currently, there are four Neighborhood Service Centers to serve Norfolk citizens and the Ocean View Permit Office that serves as a resource center of information and referrals for citizens living in the northern section of the city.

Berkley Neighborhood Service Center

925 South Main Street, Norfolk, VA 23523
664-6450

Huntersville Neighborhood Service Center

830 Goff Street, Norfolk, VA 23504
664-7400

Park Place Neighborhood Service Center

606 West 29th Street, Norfolk, VA 23508
664-7500

Little Creek Neighborhood Service Center

7665 Sewells Point Road, Norfolk, VA 23513
664-6300

Ocean View Permit Office

8132 Shore Drive, Norfolk, VA 23518

Hours of Operation are:

Monday and Tuesday	--	9:00am - 5:00pm
Wednesday	--	9:00am - 3:00pm
Thursday and Friday	--	9:00am - 5:00pm

Neighborhood Service Centers are open from 8:30 a.m. to 5:00 p.m. Monday-Friday, with extended evening hours to facilitate community program needs. For more specific program information, call Joyce Henry, programs manager at 441-2400.

Neighborhood University

Neighborhood University

2002 International City Management Association Award Winner



PROMOTING COMMUNITY PRIDE AND EXCELLENCE!

The Neighborhood University is a community enrichment program, established in 1999 by the City of Norfolk's Department of Neighborhood and Leisure Services. It is dedicated to providing the highest quality training to citizens of Norfolk to improve the condition of neighborhood housing, the vitality of neighborhood organizations, and overall quality of community life. Courses are intended to engage, inform and equip citizens with the training and technical assistance needed to help build the capacity of residents to be better advocates for their communities. The NU provides opportunities for networking and sharing practical ideas for problem solving, decision making and managing community development initiatives. This is achieved by cultivating community interest and neighborhood support, orienting citizens to specific policy issues and government practices, and informing citizens of available resources.

**ALL NEIGHBORHOOD UNIVERSITY COURSES
ARE FREE AND OPEN TO THE PUBLIC.**

Registration

To register, you must submit a completed registration form in writing. You may do so by:

- **MAILING** your registration to Neighborhood University, Division of Neighborhood Services, 501 Boush Street, Norfolk, VA 23510;
- **FAXING** your registration to 441-5423; or
- **USING THE WEB** site at www.norfolk.gov/neighborhoods/services/university.asp.

Additional registration forms are available by photocopying or calling 441-2400. Please note that registration information will not be accepted over the phone.

Many of our courses have a maximum enrollment and fill quickly. Submission of registration information does not constitute automatic enrollment. Written confirmation of enrollment will be mailed, prior to the beginning of each course, to the address provided on the registration form.

Registration information will not be accepted prior to the "Beginning Registration Date" listed for each course.

Course Locations

Neighborhood University courses are offered at a variety of locations. For directions please contact the Division of Neighborhood Services at 441-2400.

DPH • DEPARTMENT OF PUBLIC HEALTH

830 Southampton Avenue, Norfolk, VA 23510

EMC • ERNIE MORGAN ENVIRONMENTAL ACTION CENTER

3500 Granby Street, Norfolk, VA 23504

FTC • FIRE TRAINING CENTER

7120 Granby Street, Norfolk, VA 23505

NC3 • NEWS CHANNEL 3 (WTKR)

720 Boush Street, Norfolk, VA 23504

TCC • TIDEWATER COMMUNITY COLLEGE

Roper Performing Arts Center – 1st Floor Computer Lab
340 Granby Street, Norfolk, VA 23510

TVA • TITUSTOWN VISUAL ARTS CENTER

7545 Diven Street, Norfolk, VA 23505

VCM • VIVIAN C. MASON CENTER

700 East Olney Road, Norfolk, VA 23504

NEW

Fundamentals of Neighborhood Leadership

PART 1 – CITY & CITIZENS WORKING TOGETHER

What does it mean to be a community leader? This course is the first of a 3-part series designed to train citizens to identify the core values, qualities and skills required for effective leadership. This introductory course allows participants meet and greet city officials and staff as well as gain knowledge on the intricate workings of Norfolk city government. Course participants will learn how to maximize their own potential for personal and community empowerment. **Registration begins August 2, 2004.**

Course	Site	Day	Time	Date
FNL - 2	DPH	Tu	6:00pm-8:00pm	9/7-28
		Th	6:00pm-8:00pm	9/30



NEW

Fundamentals of Neighborhood Leadership

PART 2 – BUILDING POWERFUL COMMUNITY PARTNERSHIPS

What does it mean to be a community leader? Fundamentals of Neighborhood Leadership is a 3-part series designed to train citizens to identify the core values, qualities and skills required for effective leadership. Part 2 of this introductory course focuses on such issues as diversity, targeting and maximizing preexisting assets, youth involvement and regionalism. Participants are given a clear perspective on what truly goes into "Building Powerful Community Partnerships". The third part of this series will be offered in 2005 spring semester.

Registration begins September 6, 2004.

Course	Site	Day	Time	Date
FNL - 2	DPH	Tu	6:00pm-8:00pm	10/19-11/16

LANDSCAPING FOR THE BAY

As part of the Neighborhood University, the Norfolk Environmental Commission is offering a four-session workshop for local residents on watersheds and the role of plant communities on water quality. As the human population increases in the Chesapeake Bay watershed, additional strains are placed on natural resources. The series will focus on landscaping techniques that work with natural processes to minimize harmful effects on water quality. **Registration begins August 2, 2004.**

Course	Site	Day	Time	Date
Landscaping for the Bay	EMC	W	6:00pm-8:00pm	9/8-15
	Tour	Sa	9:00am-2:00pm	9/18

BASIC GRANT WRITING

This two-day course provides detailed instruction on the grant writing process and includes the examination of resources and evaluation of grant applications and guidelines. The informal workshop atmosphere allows participants to ask questions and work one-on-one with the instructor to become successful grant writers. **Registration begins August 2, 2004.**

Course	Site	Day	Time	Date
Basic Grant Writing	TCC	M	6:00pm-9:00pm	9/13, 20

NEW

ADVANCED GRANT WRITING

Prerequisite: Basic Grant Writing. This two-part course prepares participants for critiquing and revising grant applications and reviews some common reasons that grant proposals are rejected. An instructor-led roundtable allows for practice proposal writing and individual assistance with the grant writing process. Participants will also have the opportunity to discuss and evaluate a grant proposal they are writing or have written in the past. **Registration begins October 4, 2004.**

Course	Site	Day	Time	Date
Advanced Grant Writing	TVA	M	6:00pm-9:00pm	11/8, 15



Neighborhood University

DEALING WITH DIFFICULT NEIGHBORS

This one-day seminar explores difficult human behaviors. Participants will learn simple and effective techniques to deal with frustrating behaviors. **Registration begins August 30, 2004.**

Course	Site	Day	Time	Date
Difficult Neighbors	VCM	Sa	9:00am-4:00pm	10/2

P.L.A.N.N.

PROTECTING LIVES AND NORFOLK NEIGHBORHOODS

The P.L.A.N.N. course has been developed to increase the chances of safety and survival for citizens in the event of natural disaster, terrorist attack or nationwide biological, chemical, and nuclear emergencies. The course will also provide general guidelines and knowledge that better prepare participants to deal with safety issues that may occur in their lives.

P.L.A.N.N. is the only emergency preparedness course of this nature being offered to citizens in the Hampton Roads vicinity that equips each course participant with the information and resources to devise an individual plan of action.

Registration begins August 2, 2004.

Course	Site	Day	Time	Date
P.L.A.N.N.	FTC	Sa	9:00am-4:00pm	9/11

UNLEASHING THE POWER OF PERSONALITY

How can understanding your personality type enhance your leadership ability? This class uses Myers-Briggs Type Indicator (MBTI) to empower students to focus the strength of their individual personality type in building valuable partnerships. MBTI is a self-report personality inventory designed to give people information about their psychological type preference. It leads students to a greater understanding of how they can utilize this knowledge to become more effective leaders in their neighborhoods and everyday lives.

Registration begins September 6, 2004.

Course	Site	Day	Time	Date
Power of Personality	DPH	Th	6:00pm-8:30pm	10/14, 21

NEW

PUBLIC SPEAKING MASTERY

Improve your public speaking skills with this one-day course designed to train participants to communicate with credibility. Learn to assess your audience; arrange your speech and thoughts logically; use pacing, tone and gestures to capture and maintain interest; present an image of confidence and competence; and sell yourself and your ideas successfully.

Registration begins September 6, 2004.

Course	Site	Day	Time	Date
Public Speaking	NC3	Sa	9:00am-4:00pm	10/30

IMPROVING NEIGHBORHOOD HEALTH

Prerequisite: P.L.A.N.N. (Protecting Lives And Norfolk Neighborhoods) This series of training is designed to prepare citizens for roles in the newly developed Norfolk CERT (Community Emergency Response Team) program. Course participants will be empowered to improve and protect their individual health as well as those around them. Official certification for First Aid and CPR will be provided.

Registration begins August 30, 2004.

Course	Site	Day	Time	Date
Adult CPR/AED	DPH	W	5:30pm-9:30pm	10/6
First Aid	DPH	W	6:00pm-8:00pm	10/27



CIVIC BOARD DEVELOPMENT

Give your civic association or neighborhood a boost. Enhance the skills, knowledge and tools of your board members. Civic Board Development is a two-day customized, comprehensive training course designed to accommodate the unique goals and resources of neighborhood associations such as civic leagues. Topics will include governance, meeting facilitation, group dynamics and communication.

Registration begins October 4, 2004.

Course	Site	Day	Time	Date
Civic Board Development	FTC	W	6:00pm-9:00pm	11/3, 10

SPONSORS

Neighborhood University is sponsored in part by
Farm Fresh and Wal-Mart Stores, Inc.

Neighborhood University

REGISTRATION

To register, you must submit completed registration form. You may do so by:

1. MAIL your registration to Neighborhood University, Division of Neighborhood Services, 501 Boush Street, Norfolk, Virginia 23510;
2. FAX your registration to (757) 441-5423; or
3. E-MAIL your registration from the Neighborhood University website: [www.norfolk.gov/neighborhoods/services/university .asp](http://www.norfolk.gov/neighborhoods/services/university.asp).

OFFICIAL USE ONLY

Received by: _____ Date: _____

COURSE	ACC	DEC

REGISTRATION FORM

Incomplete registration forms will NOT be accepted.

Personal Information

Mr.	Ms.	Mrs.	Full Name:	
Street Address:				Daytime Phone:
City:		Zip:		Evening Phone:
Neighborhood:				E-Mail:
Are you a Civic League Member?				Civic League Officer?
Current occupation:				
Are you in need of disability amenities?				

Neighborhood University Course Requests

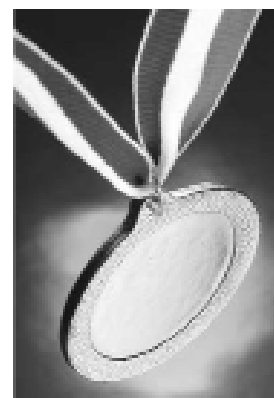
Course Title:	Course Date(s):
How do you plan to use the knowledge gained from this course...	
Course Title:	Course Dates(s)
How do you plan to use the knowledge gained from this course...	
Course Title:	Course Dates(s):
How do you plan to use the knowledge gained from this course...	

Additional registration forms are available by photocopying or calling (757) 441-2400. Please note that registration information will not be accepted over the phone. Also, REGISTRATIONS WILL NOT BE ACCEPTED PRIOR TO THE BEGINNING REGISTRATION DATES LISTED FOR EACH COURSE.

Many of our courses have a maximum enrollment and fill quickly. Please do not assume that you are automatically enrolled for every course for which you submit registration. Prior to the beginning of each course, WRITTEN CONFIRMATION OF ENROLLMENT will be mailed to the address you provide on this registration form.

VIRGINIA STATEWIDE NEIGHBORHOOD AWARDS 2004

The Norfolk Division of Neighborhood
Services
invites you to...



Nominate a Neighbor!

Be sure to get your nominations in for that hardworking
neighbor or neighborhood group that you believe are
worthy of recognition.

Monday, August 16, 2004

Winners will be announced at the 5th Annual Virginia Statewide
Neighborhood Conference, October 8-9, 2004 in Blacksburg Virginia.



DIVISION OF NEIGHBORHOOD SERVICES

501 BOUSH STREET

NORFOLK, VA 23510

PHONE: 441-2400

FAX: 441-5423

NOMINATION FORM
VIRGINIA STATEWIDE NEIGHBORHOOD CONFERENCE
2004 AWARDS PROGRAM

Category (Please check which one you are nominating)

- _____ **State Neighborhood of the year** (effort or project)
_____ **State Neighborhood Advocate of the Year** (Person)
_____ **State Neighborhood Youth Effort of the Year** (effort, project, group)

Name of Nominee: (Neighborhood, Group or Person)

Address:

Contact Person:

Telephone:

Nominator: _____ **Telephone:** _____

E-Mail: _____

NOTE: The project or effort for a neighborhood of the year or youth effort must have been completed in 2003 or 2004 to be eligible. ***Please provide the following separately:***

1. Describe the nominee's outstanding project, program, effort or activity and how it/they contributed to the betterment of a neighborhood(s): (You may attach reference letters, articles, photos, etc. for consideration.)
2. How did the nominee's accomplishments promote the goal of strengthening and enhancing neighborhoods?
3. What are some positive results related to this neighborhood's, group's or this person's accomplishment(s)? (e.g. number of people impacted, actions taken, benefits).

PLEASE SUBMIT COMPLETED NOMINATIONS BY **MONDAY, AUGUST 16, 2004** TO:

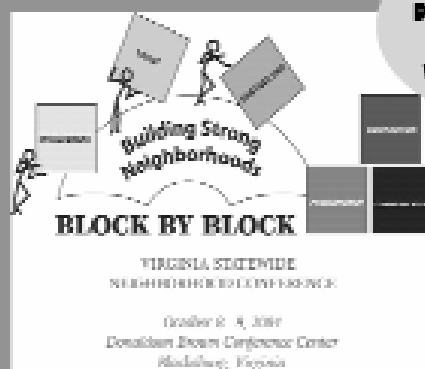
Ronald L. Higgins, AICP, Planning Manager
Department of Neighborhood Development Services
City of Charlottesville
610 East Market Street
Charlottesville, VA 22902
e-mail: higginsr@charlottesville.org

If you have any questions, please call (434) 970-3995

NOMINATIONS POSTMARKED AFTER AUGUST 16th WILL BE RETURNED

**Virginia Statewide
Neighborhood
Conference**

SAVE THE DATE
October 8-9 2004
Building Strong Neighborhoods...
Block by Block



**Blacksburg, Virginia
Donaldson Brown Hotel
& Conference Center
Virginia Tech Campus**

The Virginia Statewide Neighborhood
Conference Planning Committee
would like to remind you that conference
registration material is on the way!
Registrations packets will be available August, 2004.
PLEASE PLAN TO REGISTER EARLY!

Informative Workshops!
Exciting Speakers!
Planned Activities!

For more information, please visit our website
[www.norfolk.gov/neighborhood/services/VASNNeighborhoodConference.asp](http://www.norfolk.gov/neighborhood/services/VASN%20NeighborhoodConference.asp)

Or call
Norfolk Division of Neighborhood Services
(757) 441-2400

Volunteer Registration Form

Volunteer Program Registration

NORFOLK DEPARTMENT OF NEIGHBORHOOD & LEISURE SERVICES,
DIVISION OF RECREATION & COMMUNITY SERVICES

Please print.

Name _____

Address _____

City _____ Zip _____

SS or Drivers License # _____

Home Number () _____ Work Number () _____

Date of Birth / / Female Male

Hobbies/Activities _____

Skills/Abilities _____

Medical Data _____

In Case of Emergency Please Contact _____

Home Number () _____ Work Number () _____

By my signature below, I am registering as a volunteer with the Norfolk Department of Neighborhood and Leisure Services, Recreation and Community Services Division. I hereby release the City of Norfolk, its employees, agents, officers, and officials for any and all injuries or property damage, which may arise out of my volunteering. I also understand that this application is subject to local and national criminal background check and that by providing false information I may be subject to legal prosecution on behalf of the City of Norfolk.

SIGNATURES

Youth aged 16 years and under require and authorizing signature from a parent or guardian.

Volunteer _____ Date _____

Site Supervisor _____ Date _____

VOL Coordinator _____ Date _____

Please complete and sign form. Submit form to Center Supervisor or send to: Dawn Horik, 501 Boush St., Norfolk, Va. 23510

What Times And Days Are You Available To Work? Please Circle All That Apply

MONTHS: JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKS: 1 2 3 4 5

Please Check All Times That You Will Be Available For Assignments

TIMES:	7	8	9	10	11	12	1	2	3	4	5	6	7
Monday													
Tuesday													
Wednesday													
Thursday													
Friday													
Saturday													
Sunday													



Neighborhood & Leisure Services CUSTOMER SATISFACTION COMMENT CARD

Building stable, healthy and livable neighborhoods!

CHECK THE SERVICES THAT APPLY:

- | | |
|---|--|
| <input type="checkbox"/> Recreation Facility | <input type="checkbox"/> Neighborhood Improvement Services |
| <input type="checkbox"/> Recreation Programming | <input type="checkbox"/> Street Tree Trimming/Maintenance |
| <input type="checkbox"/> Housing Code Enforcement | <input type="checkbox"/> Grounds/Park Maintenance |
| <input type="checkbox"/> Special Events | <input type="checkbox"/> Other _____ |

PLEASE RATE THE FOLLOWING:

	Excellent	Good	Fair	Poor
1. Courteous Staff				
2. Responsive Staff				
3. Quality of Programs				
4. Quality of Service				
5. Programs and/or services...				
a. Delivery				
b. Content				
c. Impact				
d. Awareness				
6. Appearance and cleanliness of...				
a. Facilities				
b. Staff				
c. Equipment				
7. Accessibility...				
a. Facilities				
b. Staff				
c. Equipment				
8. Convenience of Hours				
9. Convenience of Facility				
10. Were you previously aware of the programs and services provided by this Department? YES or NO				

HELP US IMPROVE SERVICES!

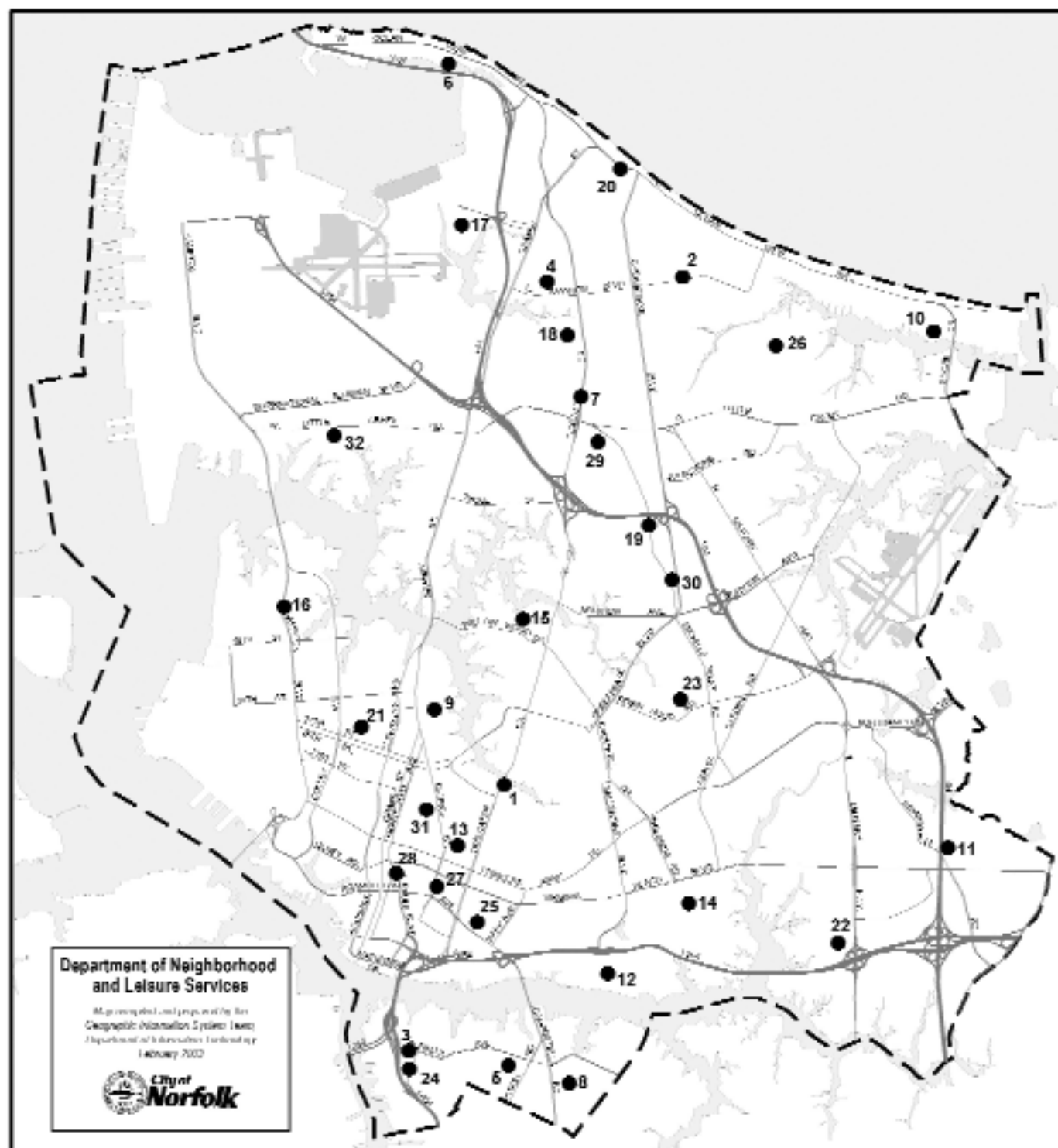
Suggestions/Comments/Concerns:

--

OPTIONAL:

Name _____
Zip code _____
Date and time of visit _____
Would you like to be contacted? Yes or No
Address _____

Phone # _____



1	Danforth Park	1048 Vista Avenue	441 2181	16	Larchmont Recreation Center	1167 Bolling Avenue	441 5411
2	Bayview Recreation Center	8513 Willow Terrace	441 1625	29	Little Creek Neighborhood Service Center	1055 Sawdell Point Road	664 6300
3	Berkley Community Center	121 W. Liberty Street	441 1912	17	Martinez Landing Recreation Center	8809 Monitor Way	441 1183
24	Berkley Neighborhood Service Center	925 S. Main Street	664 6450	18	Northside Pool	8400 Tidewater Drive	441 1700
5	Camptolla Center	1117 Locke Street	441 1974	10	Norfolk Community Center	6800 Sawdell Point Road	441 5836
6	Castalia Quarters	800 Little Bay Avenue	441 1715	20	Ocean View Senior Center	600 E. Ocean View Avenue	441 1707
31	Church Street Community Market	18th Street & Church Street	441-2140	21	Park Plaza Community Center	606 W. 29th Street	664-7531
7	Cranebrook Recreation Center	8044 Tidewater Drive	441-1760	21	Park Plaza Neighborhood Service Center	606 W. 29th Street	664-7500
8	Dispersal Town Recreation Center	1401 Melton St	441-1975	22	Poplar Hills	5223 Public Lane	441-5529
9	Florida Marine Environmental Center	3500 Canby Street	441-1947	23	Shirwood Forest Community Center	4537 Little John Drive	441-5824
10	Food Co-op View Community Center	9520 F. 20th Day Street	441-1785	24	Southside Senior Center	505 S. Main Street	664-6184
11	Frederick Recreation Center	1014 Kenosville Road	441-5870	25	Special Events	798 Oaklin Street	441-5171
30	Five Points Community Market	6314 Sawdell Point Road	441-2149	26	Unionville Community Center	2100 Lexington Drive	441-1195
12	Gandy Village Recreation Center	3017 Kimball Terrace	441-2888	4	Theapeutic Recreation Center	1801 I. Luma Street	441-1191
13	Huntersville Community Center	830 Goff Street	664-7430	19	Uptown Recreation Center	755 E. Main Street	441-1268
	Huntersville Neighborhood Service Center	830 Goff Street	664 7100	32	Visual Arts	755 E. Main Street	441 1227
	Huntersville Pool	830 Goff Street	664 7131	27	Walter C. Mason		
14	Inglewood Recreation Center	918 Inglewood Road	441 5875	28	Young Terrace Community Center	100 L. Olney Road	441 1036
15	Lakewood Athletic	1612 Willow Wood Drive	441 5834			804 Whitaker Lane	441 2134
	Lakewood Dance Studio	1612 Willow Wood Drive	441-5833				

FACILITY USE CARDS

Get the card that is the key to Norfolk's recreation centers and pools----the Facility Use Card.

These cards must be presented upon entering a facility, for registration and attendance of fee-based classes, attending special events and meetings and for renting the facilities.

Proof of age and residency are required at time of purchase. Cards are valid for one year from the purchase date. Discounts are available for youth who receive A's and B's on their report card. No Norfolk youth will be denied a card based on need.

Pay by checks and money orders only.
Made out to: Norfolk City Treasurer.

Cost of Facility Use Cards are:

\$ 5.00	5-17 years of age
\$10.00	18-64 years of age
\$50.00	Residents of other cities
\$ 2.00	Daily Guest Pass
\$ 3.00	Lost Card Replacement Fee

Family Plan:

\$12.00	One parent & one child
\$15.00	One parent & up to three children
\$20.00	Two parents & one child
\$25.00	Family of four or more

Facility Use Cards are issued at Lakewood Athletic Office, at 1612 Willow Wood Drive, (757) 441-5834.

The hours for issuing cards are:

Monday-Friday

11:30am – 1:30pm

6:00pm – 8:00pm

Saturday

9:00am - Noon